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## COYOTE UGLY

ANIMAL RIGHTS PROTESTORS WERE ASKED TO LEAVE A FARMER'S PRIVATE PROPERTY NEAR ALBERTA BEACH AFTER UPSET GROUPS GATHERED TO SHAME HUNTERS FOR THEIR 'CRUEL KILLING GAME' **PAGE 6**



# Judge dismisses legal action to block Francophone school

**Precedent-setting.** Plaintiffs' lawyer warns 'no community in Calgary is safe from redevelopment'



**JEREMY NOLAIS**  
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Concluding perturbed residents in a northwest Calgary community would be giving up just "one soccer field," a judge ruled Monday against an attempt to block construction of a regional Francophone school.

Residents of Scenic Acres had taken legal action to block the 400-student school that would be overseen by the Conseil FrancoSud board.

Neighbours of the site claimed transfer of the land from the Calgary Board of Education to the Francophone board violated the Municipal Government Act (MGA) because the land previously should have been de-

### Quoted

**"If the construction of the new FrancoSud school on the lands is delayed by this application, the harm to FrancoSud, its students, their parents and to the taxpayers of Alberta will be significant."**

Hon. Justice D.B. Nixon

clared surplus.

The plaintiffs also argued the school would take up much of the community's only remaining green space, one used by thousands of young athletes and families annually.

The group went so far as to suggest other sites for the school.

But Hon. Justice D.B. Nixon said Monday the residents didn't meet the legal threshold to make a claim against the facility. Even if they did meet the threshold, he noted his court would only be able to return the land title back to the City of Calgary, which he said is "supportive" of constructing the school.

"If the construction of the new FrancoSud school

on the lands is delayed by this application, the harm to FrancoSud, its students, their parents and to the taxpayers of Alberta will be significant," Nixon said.

"In contrast, if the construction of the FrancoSud school is allowed to proceed, the only harm to the community association will be the loss of one soccer field."

The ruling could potentially be precedent setting, especially with a similar lawsuit also currently before the courts concerning a replacement facility for special-needs students at Christine Meikle School in the community of Varsity.

In that matter, residents also contend land currently used as a park was not transferred properly as dictated

by the MGA.

Christopher Davis serves as the plaintiffs' lawyer in both matters. He conceded Monday's ruling could impact the fate of the Varsity residents' claim as well.

"What it says is that no community in Calgary is safe from redevelopment ... I think that's an important thing for communities all around the city to be aware of, that (reserve lands) are fair game," Davis said.

The bulk of students attending the FrancoSud facility will come from outside Scenic Acres.

Plans had been to begin construction early this year and officially open doors to the school in time for September 2016 classes.

Reached after the decision Monday, FrancoSud trustee chairwoman Anne-Marie Boucher said the original opening date remained the goal for her organization.

"We'll just have to see in the next few days if we can keep that on track, but we think we can," she said.



## CLEANING UP

Shane Kordt replaces broken glass from a window at the Bow Trail Dairy Queen, after it was broken into on Saturday morning. "Every December and January, all of us in the cash business have to be hyper-vigilant about making sure we keep our money safe," owner Ali Giles said, and police data backs her up. For the story, see page 4. JENNIFER FRIESEN/FOR METRO

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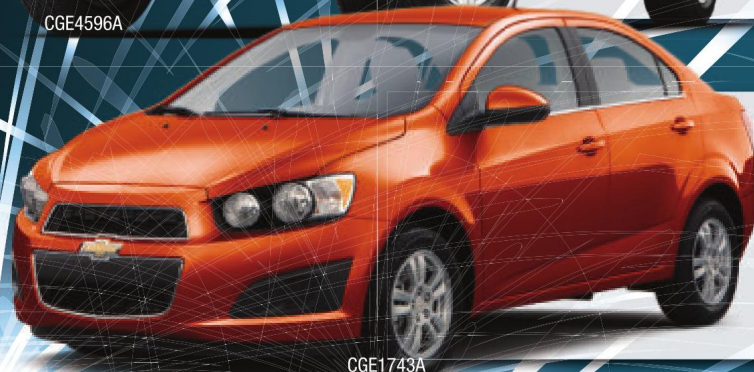
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Education

## Solution sought for Foothills school spacing crunch

School administrators south of Calgary have gone back to the drawing board in hopes of easing a "spacing challenge" that has seen some classrooms cram in 40 or more students.

Foothills School Division enrolled an additional 185 kids this past fall, nearly all of them in the Town of Okotoks. The resulting student surge was so severe at one facility, Westmount School, that dozens of Grade 1 students were initially placed in what parents described as the "teachers' lounge."

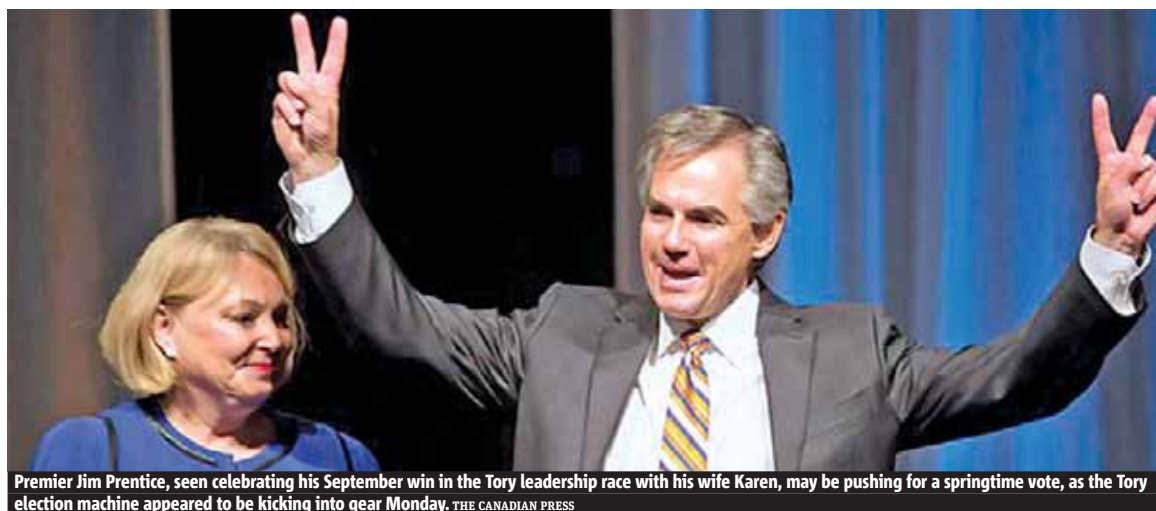
Now, Foothills has asked its parents for feedback on five scenarios that aim to better level out the student population across its facilities.

"This is something we need to do to alleviate the pressures in some of those schools that are very full," said Drew Chipman, assistance superintendent of the division's corporate services area. "Certainly, the long-term — and quicker than that — answer is we need new schools in the community... It will be temporarily alleviate them (space issues) but it's certainly not going to solve them as the community continues to grow."

Westmount, which accommodates kids from kindergarten to Grade 9, is the most overcrowded facility with more than 800 students squeezed into a facility intended for 726.

Chipman said the division is hosting a meeting with parents to discuss the potential changes at Okotoks Junior High on Jan. 22 at 7 p.m.

JEREMY NOLAIS/METRO



Premier Jim Prentice, seen celebrating his September win in the Tory leadership race with his wife Karen, may be pushing for a springtime vote, as the Tory election machine appeared to be kicking into gear Monday. THE CANADIAN PRESS

# Tories approve nomination efforts

**Politics.** Springtime election buzz continues to grow as party also says it's renewing memberships at no cost

Alberta's ruling Progressive Conservatives announced Monday they've given the green light to have a few dozen candidates nominated by late February and that they're renewing party memberships for free, as momentum toward a potential spring ballot appeared to grow.

Party executive director Kelley Charlebois said the decisions were made during a weekend meeting, but deflected questions about a potential early move by the Jim Prentice government to seek a new mandate via a general election.

"I'll let the political pundits

offer their opinions on that sort of thing," Charlebois said. "My job is to conduct nominations in 87 constituencies."

He did say 35 constituency associations have been given the go-ahead to proceed with finding candidates, and those with multiple candidates seeking the post have been urged to hold simultaneous votes Feb. 21.

He said the PC nomination committee has another meeting planned for Saturday and more decisions could be made on nomination proceedings in the 52 remaining ridings. Charlebois said a list of associations proceeding with their nominations would be published this week.

Several sources told Metro Monday that the party appears to be planning to have all nominations sorted by the end of March, but cautioned that

didn't mean a spring vote was imminent, only that Prentice would have the option of going to the polls.

Widespread speculation has emerged that Prentice will drop the writ this spring and contest an election, especially after a majority of Opposition Wildrose MLAs crossed the floor to join his ranks late last year.

The party's executive board also decided in a unanimous vote over the weekend to renew memberships for an additional year — for free.

"This means memberships showing the expiry date of 2014 will be considered valid until the end of 2015," party president Terri Beaupre wrote in an email Monday. "If your memberships states it is valid until 2015, it is valid through 2016. If yours says 2016, you are a valid member through 2017."

Charlebois said the move

was made partially in recognition of the fact that some were unable to vote in last year's Tory leadership race due to technical difficulties.

"It's a bit of thank-you after a tough 2014 and an acknowledgement that 2015 is going to be the year our nominations are going to take place and this ensures they're going to be able to participate."

Some membership recipients, including Leduc resident Lori Bauckman, have said they didn't want to be signed up in the first place — free or not.

Reached Monday, Bauckman slammed the party's latest move and questioned whether she would be among those having their membership renewed without being asked.

"This is not integrity, this is vote-buying in advance of a spring election call," she said.

JEREMY NOLAIS/METRO

1 NEWS



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## It's all downhill

Like to toboggan?  
That's fine, because  
there's no fine

Toboggan on, Calgarians, and fear not the wrath of bylaw.

Despite news stories and social-media chatter about Calgary's rules that technically restrict tobogganing, no tickets for illegal tobogganing have been issued "in recent

memory," said Stuart Dalglish, city general manager of community and protective services, on Monday.

"The city does encourage tobogganing," Dalglish said. Mayor Naheed Nenshi rejected any suggestion that Calgary is somehow cracking down on fun and dismissed the recent media coverage of the tobogganing "issue."

"It was bored journalists in the first week of January," he said. **ROBSON FLETCHER/METRO**

## John Costello School

Police presence  
may be beefed up  
over gang graffiti

The Calgary Catholic School District (CCSD) expects an increased police presence after an elementary school was spray-painted with apparent gang graffiti over the weekend.

The walls and windows of John Costello School were vandalized with depictions of a notoriously violent gang out of Los Angeles called Mara Salvatrucha, often referred to as MS-13.

"(Calgary police) have informed us that a police presence may be active in the area for a number of days until the investigation is complete," said Tania Younker, director of com-

munications at CCSD.

Calgary police said it's unlikely that the school was specifically targeted and believe the vandals were just kids looking to cause trouble.

**JENNIFER FRIESEN/FOR METRO, WITH FILES FROM NEWS TALK 770**

On the web

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Chief Gordon Crowchild CONTRIBUTED

## Crowchild. Tsuu T'ina mourn loss of a 'great leader'

A chief and well-known leader is being remembered by the Tsuu T'ina (Sarcee) Nation.

Chief Roy Whitney announced Monday the passing of Chief Gordon Crowchild and extended his personal condolences to Gordon's wife of 57 years, Maria Crowchild, and the rest of his family.

Crowchild had a passion for rodeo; he competed at the Canadian Professional Rodeo Association and the Pro Rodeo Cowboys Association and helped many young men and upcoming cowboys live their dreams.

"Chief Gordon Crowchild will be remembered for achievements in his many roles that he lived. As a chief, for his frankness in the local, provincial and national political scene and his great love for his community," said Whitney in a press release. "Including assisting in the early negotiations of the southwest Calgary ring road. He was a great leader in many fields."

The Tsuu T'ina Nation is assisting the family to ensure all of his family, relatives and friends have an opportunity to pay their respects and say goodbye.

**METRO**

# Businesses see spike in break-ins during winter

**'It's the world we live in.'** Glass-repair service received 14 emergency calls in just one week, almost all the result of break-ins, owner says

**JENNIFER FRIESEN**  
calgary@metronews.ca

Ali Giles got a rude awakening early Saturday morning — a phone call informing her that her family's southwest business had been robbed.

In security-camera video, a man can be seen in dark jeans and a black hoodie smashing the entrance window of the Bow Trail Dairy Queen at approximately 5:30 a.m. and stealing cash from the premises. He was in and out within 20 seconds, leaving empty tills and \$1,000 in window damage in his wake.

Unfortunately, the Giles' aren't alone.



Ty Sowiak, a glazier for Around the Clock Glass Services, slowly tears down the broken glass at the Bow Trail Dairy Queen. **JENNIFER FRIESEN/FOR METRO**

Police data shows that there's a spike in commercial break-ins during the winter months. Over the past four years, December and January saw an average

of 158 and 166 break-ins respectively, where June and July saw 139 and 133.

"It's the world we live in, but it is frustrating," Giles said. "It requires us to come

down, the manager to come down, and it affects the functionality of the shift because we're all exhausted from coming in at 5:30 in the morning."

Chris Sowiak, owner of Around the Clock Glass Services, who replaced the Giles' window, said he's received an unusual number of emergency calls for glass repair in the weeks surrounding the holidays this year.

During the week of Dec. 29, Sowiak received 14 emergency calls in Calgary, almost all of them the result of break-ins.

"It goes in cycles, for sure," Sowiak said. "But people are vulnerable around the holidays because people aren't around and businesses aren't open regular hours."

The Giles' other Dairy Queen location was broken into last January, and a suspect was arrested. This time they haven't been as lucky, and the amount of money stolen was meagre compared to the cost of damages to the building.

"Every December and January, all of us in the cash business have to be hyper-vigilant about making sure we keep our money safe," Giles said.

# Calgary 'locked in' on pre-oil-slump diesel prices

While most Calgarians are enjoying vast savings at the fuel pumps, the City of Calgary will still be paying for diesel at rates that predate the recent plummet in the price of oil.

"We took advantage of some pricing that was good last year but we're locked in now," Mac Logan, the city's transportation general manager, told council Monday. "As the prices drop, 80 per cent of that is locked in."

Mayor Naheed Nenshi said the decision to sign contracts for large quantities of diesel at a fixed rate seemed like a good idea when the city opted to go that route.

"We were too smart about our hedging strategy on diesel," he said Monday. "We locked in terrific prices — for the time."

The city uses large quantities of diesel for its various vehicles; it's estimated

that Calgary Transit's 1,100 diesel buses alone burned about 28 million litres in 2013.

City manager Jeff Fielding said the recent, precipitous drop in the price of oil was "quick" and "fairly unforeseen" and the city is already adjusting its financial plans for 2015 in anticipation of broader impacts on the economy.

At this point, Fielding said he's not recommending

a hiring freeze, but city staff are working on a list of "priorities" to guide spending decisions should Calgary's oil-dependent economy see a significant slowdown.

"I want to reassure council that we can adjust," he said at Monday's council meeting.

A draft of the adjusted priorities should come to council within weeks, Fielding said, and an overhauled review of the city's entire

four-year budget and business plan is expected to be complete by the third quarter of 2015.

Nenshi said he expects the oil slump to affect the city's proposed infrastructure projects — many of which have no capital funding secured, as it stands — more than anything else in the short term.

"I continue to believe that for 2015 our operating budget should not be

particularly impacted but I also believe ... that we are going to be very challenged on the capital side," Nenshi said. He added that he now expects new infrastructure funding from the provincial and federal governments to be less likely.

"We will have to start to think hard about what we defer, what we self-finance, what we debt finance, if anything," Nenshi said.

**ROBSON FLETCHER/METRO**



# Ideas wanted for forgotten urban spaces

**Cityscape.** Local non-profit launches competition for 'lost spaces' solutions



**HELEN PIKE**  
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In Calgary's urban sprawl there are many spaces that need a little love. Whether it's a drab grey underpass or an aban-

doned alleyway, lost spaces are all around us.

These forgotten spaces don't have to stay unused, at least that's what d.talks, a local non-profit organization, hopes will come of its call for creative ideas.

"They've been referred to as the ghosts of the planning past," Amery Calvelli of d.talks said. "We're actually looking for collaborative teams to come together and help to solve the problem of how (lost spaces)

might be more connected for the public."

The competition, which runs until March 30, is for individuals willing to dream up solutions for some of Calgary's forgotten urban corners. There are plenty of ways to approach the problem of lost spaces. Submissions can be anything from art projects, to landscaping, to biodiversity solutions, to ideas on storm water management.

"It's not looking for a piece of work to sit on a piece of prop-

erty," Calvelli said. "It's looking for conceptual ideas ... really trying to broaden and advance current thinking on how we use those spaces."

An award of \$7,500 will go to the top idea, with five more awards of \$3,000 for each field and runner-up awards of \$1,000.

The 12 winners will exhibit works and be a part of a public discussion.

For more information visit [www.dtalks.org](http://www.dtalks.org).



There's a call for ideas on how to spruce up some of Calgary's 'lost spaces,' like this location at 10 Avenue SW between 11 and 12 Street. JENNIFER FRIESEN/FOR METRO

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## Hockey MBA set to launch

Prospective MBA students and hockey fans might have an easier time making the call on where they should apply for their masters as Athabasca University prepares to open admissions for its hockey-executive MBA program.

Program director Michael Mauws said the new hockey-focused MBA program allows people currently working full-time to take the course in their spare time.

Mauws said the distance learning university has always put an emphasis on peer-to-peer learning, which will be a big feature for the hockey-executive MBA.

"The amount of peer-to-peer learning that is going to take place is going to be fantastic for these individuals," he said. "We like to think our instructors at Athabasca as coaches ... and the idea that students learn just as much from each other as they do

from coaches and the coaches are really there to facilitate the discussion."

Along with people already working in the hockey industry, Mauws said the institution is hoping to attract executives from outside the sector to bring some interesting ideas to the program.

Admissions for the program open Feb. 1. Only 32 students will be admitted into the program, which will start in May. LEAH HOLOIDAY/METRO

### Lucy the elephant

## 'Hall of Shame' for Edmonton zoo

An international animal rights group has named Edmonton's Valley Zoo to a "Hall of Shame" for not moving its lone elephant named Lucy to a warmer climate.

The zoo says Lucy has been examined by a veterinarian and deemed too sick to travel because of respiratory troubles.

THE CANADIAN PRESS

## Secondary suites. Council swiftly OKs 4 applications

City council allowed four more secondary suites in Calgary Monday, but only two new ones will actually be built.

In an unusually rapid fashion, council approved four applications for secondary suites at its first meeting of 2015.

Two of the applications, however, were for suites that had already been built — illegally. One is in the com-

munity of Westgate, the other in Riverbend.

Council approved both of those and then also approved two more applications for yet-to-be-built suites in Canyon Meadows.

A third-party analysis found last year that secondary suite applications consumed more of city council's meeting time than any other issue.

ROBSON FLETCHER/METRO



# Coyote killing derby draws pack of unwelcome guests

## High participation.

Despite the arrival of animal-rights activists trying to shame hunters, the 2015 hunt drew 87 per cent more people



HELEN  
PIKE

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The legal coyote derby that caused a ruckus last week went on as planned — but not without interruption.

Animal-rights protesters and media were asked to leave a farmer's private property near Alberta Beach after upset groups gathered to shame hunters for their "cruel killing game."

The fourth annual DKD Coyote Tournament sees hunters head out on private land with one goal in mind: kill as many coyotes as possible for cash prizes.

Paul, one of the derby organizers, said threats and complaints forced sites like Kijiji and Facebook to take down his pages advertising the annual event. He asked that Metro omit his last name, as some of the threats were directed at him.

But public uproar didn't stifle the coyote hunters' fun. This year's derby harvested 34



A coyote walks along the outside of the race course during the 2nd women's downhill training run at Lake Louise, Alta., in this file photo.

JONATHAN HAYWARD / THE CANADIAN PRESS FILE

coyotes, up from last year's 13, and also saw an 87 per cent increase in participants.

"There was more than one coyote derby in the province of Alberta on Saturday," Paul said. "They happen from basically the beginning of January right through until the beginning of March.... We're the ones that are thrown under the bus."

An online petition posted

prior to the event collected more than 1,500 signatures but fell short of its 10,000-signature goal.

Duncan MacDonnell, a spokesman for Alberta Environment and Sustainable Resource Development, said that if the petition reaches that mark, the department will consider it and weigh the petitioners' perspective against the interests of

## Coyote hunt

# 34

The number of animals killed in this year's DKD Coyote Tournament, up from 13 last year.

farmers.

"We have to remember that

it is considered ... an agricultural nuisance," MacDonnell said of the coyote species in Alberta. "You have to give the farmers and ranchers some latitude to protect their crops."

Paul said he's never encountered a petition against his event before.

"People can petition it all they want," he said. "Let the petition speak for itself."

## Study. BPA, BPS make some fish hyperactive

A University of Calgary study has found that a common ingredient in consumer products can cause hyperactivity in zebrafish.

Bisphenol A, known as BPA, a chemical used to make household plastics and epoxy resins, is produced in large quantities around the world.

In response to public concerns, many manufacturers have replaced BPA with a chemical called bisphenol S (BPS), which is often labelled as "BPA-free" and presumed to be safer.

But the study's findings suggest that both BPA and BPS can cause alterations in brain development that can lead to hyperactivity in zebrafish.

The fish are widely used by researchers to help understand embryonic brain development. About 80 per cent of the genes found in people have a counterpart in zebrafish, which have very similar developmental processes as humans.

"I was actually very surprised at our results. This was a very, very, very low dose, so I didn't think using a dose this low could have any effect," said Deborah Kurrasch, a researcher at the university's Cumming School of Medicine and corresponding author on the paper.

Kurrasch said further research is needed to explore the potential effect on human brains. **THE CANADIAN PRESS**

# RICK MERCER REPORT

Rick plunges into English Bay to test life-saving gear by Mustang Survival in Burnaby, BC.

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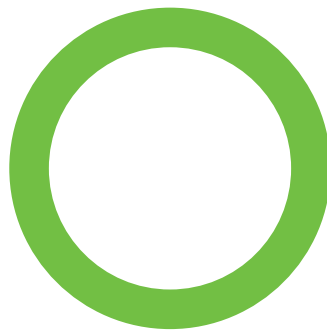


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## International push. Probe missing, murdered native women cases: Rights group

An international body has joined Canadian domestic calls for a national inquiry into missing and murdered aboriginal women and girls.

A report from The Inter-American Commission on Human Rights (IACHR), an arm of the Organization of American States, says an inquiry or national action plan is needed to get at the root of the problem.

The report, issued in Washington, followed an investigation the commission conducted in Canada in 2013. The body spoke with government officials, opposition politicians and native representatives in both Ottawa and British Columbia.

"The IACHR considers that there is much more to under-

### Activists react

Canadian activists who have been pressing the federal government for just such an inquiry welcomed the report.

stand and to acknowledge in relation to the missing and murdered indigenous women," the report said. "This initiative must be organized in consultation with indigenous peoples, particularly indigenous women, at all stages."

The report said aboriginal women in Canada are murdered or disappear at a rate four times higher than their representation in the population. **THE CANADIAN PRESS**

## Taser death. Perjury case against Mounties to proceed

An RCMP officer who stunned Robert Dziekanski with a Taser at Vancouver's airport lost an attempt Monday to dismiss a perjury charge related to his testimony at a public inquiry.

Const. Kwesi Millington was among four officers who confronted Dziekanski during his fatal encounter with police in October 2007. All four were later charged with perjury over their testimony given at a public inquiry two years later.

The Crown, which alleges the officers colluded to lie to investigators and then perjure themselves at the inquiry, wrapped up its case against Millington late last year.

Millington's lawyer then made an application to end the trial and throw out the charge, arguing the Crown had produced no evidence that could support a conviction.



RCMP Const. Kwesi Millington  
DARRYL DYCK/THE CANADIAN PRESS

But B.C. Supreme Court Judge William Ehrcke said the Crown had put forward some evidence that, if true, could support a guilty verdict, though he cautioned that his ruling had no bearing on whether Millington would eventually be convicted or acquitted.

**THE CANADIAN PRESS**

### Too cold for elephants?

## Edmonton Valley Zoo under fire

An international animal-rights group has named Edmonton Valley Zoo to a "Hall of Shame" for not moving its lone elephant, named Lucy, to a warmer climate. In Defense of Animals says the label is reserved for zoos that refuse to make changes within a reasonable time that would benefit their elephants. Activists say Edmonton's winter is too harsh for the elephant. **THE CANADIAN PRESS**

### Lac-Mégantic

## Payout not enough: Official

The funds earmarked for those affected by the Lac-Mégantic train disaster represent just a fraction of what's needed, a town official says. A \$200-million US settlement was announced last week, with more than half of the money going to various levels of government. About \$50 million is destined for relatives of the 47 people who died in the July 2013 disaster, but it could rise. **THE CANADIAN PRESS**



## Three climbers found dead in B.C.

A rescue-crew member heads to a helicopter in Pemberton, B.C., north of Whistler, on Monday to search for three missing ice climbers. The climbers were eventually found dead in a crevasse about 300 metres below Joffre Peak. Police are not releasing the names of the victims at this time but described two of them as a man and woman in their mid-30s from the Metro Vancouver area and the third as a woman in her late 20s who was an international visitor. **DAVE STEERS/THE CANADIAN PRESS**

# Mounties arrest a third man in alleged terror plot

**Bound for India.** Suliman Mohamed is facing terrorism-related charges, along with twin brothers Ashton and Carlos Larmond

with conspiracy to participate in a terrorist activity with two other Ottawa men.

On Friday, 24-year-old twins Ashton Carleton Larmond and Carlos Honor Larmond of Ottawa were charged with various terrorism-related offences.

The RCMP says Carlos was arrested at Montreal's Pierre Elliott Trudeau Airport as he was intending to travel overseas for terrorist purposes. The Mounties did not say where he was headed.

The Canadian Press has since learned he was bound for India, though it is unclear if that was his final destination.

Ashton, who played pickup hockey on a men's team, was arrested in Ottawa.

Joseph Addelman, a lawyer for the brothers, said Saturday they planned to vigorously dispute the charges.

They are due for a second

court appearance Feb. 12.

Mohamed was scheduled to appear in court Tuesday morning. But as of Monday, very few details were made public about what the three were alleged to have done.

The Mounties said they would not be providing additional details, given that the matter was now before the courts.

Chief Supt. Jennifer Strachan, criminal-operations officer for the RCMP in Ontario, said the arrests underscore the reality that there are individuals in Canada who have become radicalized to a violent ideology "and who are willing to act upon it."

The RCMP thanked Integrated National Security Enforcement Team partners from the Ottawa Police Service and the Ontario Provincial Police.

Canada and other western

### New laws may be coming

The government is contemplating new laws in response to the October 2014 attacks in which two soldiers — one at the National War Memorial, the other in St-Jean-sur-Richelieu, Que. — were killed.

- It has also introduced changes to strengthen the ability of Canada's spy service to probe terror suspects overseas.

nations fear that citizens who go abroad to take part in the Islamic State of Iraq and the Levant's guerrilla-style battles could come home with intent to do harm. The latest arrests have rekindled discussion about homegrown radicalization. **THE CANADIAN PRESS**

## Man convicted of weapons charge claims racial profiling

A man convicted of a gun offence takes his case to Ontario's top court on Tuesday to argue he was a victim of racial profiling.

In a factum filed with the court, lawyers for Richard Steele say his trial judge erred in finding him guilty by failing to properly consider evidence of racial profiling.

In 2010, an Ontario Superior

Court justice convicted Steele of concealing a loaded handgun under the front passenger seat of his mother's car after being pulled over in Hamilton. There were four black men in the car.

Court documents show his lawyer, Anthony Moustacalis, says the gun should have been excluded as evidence because Const. Yvonne Stephens conducted an improper search of

### Crown's reaction

The Crown denies racial profiling had anything to do with the incident and says the officer's behaviour was not unusual or racist.

the vehicle.

Moustacalis also maintains

that police pulled the vehicle over only because of the driver's race.

He says the officer's request to help the driver find the vehicle's insurance card — which led to the discovery of the gun under the seat — was "bizarre" and did not amount to obtaining informed consent for the search.

**THE CANADIAN PRESS**



# France hunts for accomplices to 3 dead extremist attackers

**Mission to protect sensitive sites.** Country mobilizes 10,000 troops

As many as six members of a terrorist cell involved in the Paris attacks may still be at large, including a man who was seen driving a car registered to the widow of one of the gunmen, police officials said Monday.

Two French police officials said that authorities were searching the Paris area for the Mini Cooper registered to Hayat Boumeddiene, the widow of Amedy Coulibaly.

Turkish officials say she is now in Syria.

The French police officials spoke on condition of anonymity because they are not authorized to discuss details of the investigation with the media.

France deployed 10,000 troops to protect sensitive sites, including Jewish schools and neighbourhoods, in the wake of the attacks that killed 17 people last week. Brothers Cherif and Said Kouachi, as well as Coulibaly, their friend who claimed ties to Islamic extremists in the Middle East, died Friday in clashes with police.

Prime Minister Manuel Valls said the manhunt is urgent because "the threat is still present" after the attacks that began Wednesday with 12 people killed at the satirical newspaper Charlie Hebdo. That attack was carried out by gunmen identified by police as the Kouachi brothers.

Authorities said Coulibaly killed a policewoman Thursday and then killed four people at a kosher supermarket Friday before all three attackers were slain in two

**Anti-Islam rally**

## German march draws masses

A weekly anti-Islam rally in the eastern German city of Dresden drew its biggest crowd yet on Monday, after organizers declared it a tribute to the victims of the terror attacks in Paris. Organizers said 40,000 people participated in the march, while Dresden police put the figure at more than 25,000 people — still more than the 18,000 who came last week.

nearly simultaneous clashes with security forces around Paris.

THE ASSOCIATED PRESS



One of the 10,000 armed troops deployed to protect sensitive sites patrols outside a Jewish School in the Marais district of Paris as children make their way home on Monday. JEFF J. MITCHELL/GETTY IMAGES

**Quoted**



**"It's fair to say we should have sent someone with a higher profile."**

White House spokesman Josh Earnest, making a rare public admission of error on behalf of the Obama administration on the decision to let the U.S.'s ambassador to France be the most senior government official to attend Sunday's anti-terror rally in Paris



**"Doesn't the intelligence service there follow those who have been released?"**

Turkish President Recep Tayyip Erdogan, on why two of the gunmen in the attacks in France were not monitored more closely after serving their prison sentences

**Rumours of death**

## Fidel Castro writes letter to Maradona

Fidel Castro on Monday sent soccer legend Diego Maradona a letter written to quash rumours of the Cuban leader's death, state-run television network Telesur reported. THE ASSOCIATED PRESS

**Crashed AirAsia jet**

## Divers pull up second black box

Divers have retrieved the crashed AirAsia plane's second black box from the bottom of the Java Sea, giving investigators the essential tools they need to start piecing together what brought Flight 8501 down. THE ASSOCIATED PRESS

**U.S. military**

## Central Command accounts hacked

Hackers claiming to be working on behalf of ISIL militants seized control of the Twitter and YouTube accounts of the military's U.S. Central Command on Monday, but the Pentagon swiftly suspended them. THE ASSOCIATED PRESS

## Pakistan. School reopens after Taliban massacre

Pakistani children returned on Monday to the school where Taliban gunmen killed 150 of their classmates and teachers last month, clutching their parents' hands tightly in a poignant symbol of perseverance despite the horrors they had endured.

It was the first time the school had reopened since the assault, and security was tight. The nation has been reeling from the Dec. 16 terrorist attack in Peshawar — one of the worst Pakistan has experienced. The violence carried out by seven Taliban militants heaped pressure on authorities to end the stubborn in-

surgency that kills and maims thousands every year.

The massacre also horrified parents across the nation and prompted officials to implement tighter security at schools.

For Peshawar parents like Abid Ali Shah, Monday morning was especially painful as he struggled to get his sons ready for school, something his wife used to do. She was a teacher at the school and was killed in the violence. Both of his sons attended the school. The youngest was shot in the head but survived after the militants thought he was dead. THE ASSOCIATED PRESS



Mohammad Baqair, who survived a Taliban attack on a military-run school last month but lost his mother in it, flashes a victory sign on his way back to the Army Public School in Peshawar, Pakistan, on Monday. MOHAMMAD SAJJAD/THE ASSOCIATED PRESS



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SEE THINGS

DIFFERENTLY

TIM COLDWELL

Vice President of Corporate Accounts  
tcoldwell@chandos.com

## Market Minute



**DOLLAR**  
**83.56¢**  
(-0.71¢)

**Natural gas:** \$2.795 US (-15.1¢)  
**Dow Jones:** 17,640.84 (-96.53)



**TSX**  
14,265.01 (-119.91)



**OIL**  
\$46.07 US (-\$2.29)



**GOLD**  
\$1,232.80 US (+\$16.70)

## Business outlook

## Cheap oil dims spirit of energy sector: BoC

The Bank of Canada's latest business outlook survey, released Monday, found companies in energy-rich Western

Canada planned to reduce their investments in equipment and hiring following the oil-price collapse.

On the other hand, Eastern and Central Canadian companies said they were planning to invest more, particularly in the manufacturing industry.

THE CANADIAN PRESS

## Migrant smuggling

## Social media new tool for Europe human traffickers

Migrants dreaming of Europe have their pick of social-media sites that work like an online travel agent, advertising

fares and offering tips on secure payments. Meanwhile, the traffickers who send them floating across the Mediterranean are buying scrapyards cargo ships over the Internet.

That's the picture of an increasingly sophisticated business in migrant smuggling painted by European officials. THE ASSOCIATED PRESS

## Keystone XL. Pipeline clears Senate hurdle

The Keystone XL pipeline has passed a major procedural hurdle in the United States Congress. The U.S. Senate has agreed to move forward on a bill that would force President Barack Obama to approve the controversial Canadian oil infrastructure.

This is the first bill to advance in the newly sworn-in Congress and represents a demonstration of the new power wielded by the Republican Party since the midterm elections.

Similar measures had repeatedly failed in the last Senate, controlled by Democrats

— but this time the measure has got 63 votes, three more than required to override a filibuster.

The Senate's Bill 1 now moves back onto the floor for additional debates, which could lead to major amendments.

But there's one fly in the ointment for pipeline supporters: President Obama has already signalled he'll veto the bill because he says it's up to his administration, not lawmakers, to approve or reject cross-border infrastructure.

THE CANADIAN PRESS

## Gros Morne. Artists push for buffer around park

Canadian artists, writers and musicians ranging from Hey Rosetta to novelist Joseph Boyden are pushing for action to protect Gros Morne National Park in western Newfoundland.

They've signed an open letter to Prime Minister Stephen Harper and Premier Paul Davis urging a buffer zone to prevent hydraulic fracturing and other development near the UNESCO world heritage site. Gros Morne received that designation from the United Nations in 1987 and draws thousands of visitors each year. Its famous hiking trails wind through thick forests and across stunning cliff-top views over glacier-cut fjords.

The letter urges Harper and Davis to help create a buffer zone around Gros Morne



A couple walk along a boardwalk in Gros Morne, N.L.

THE CANADIAN PRESS FILE

"that will be kept permanently free from industrialization." Its 32 signatures include those of astronaut Roberta Bondar, writer Lawrence Hill of The Book of Negroes, musician Tim Baker of Hey Rosetta and actor Greg Malone of Codco.

THE CANADIAN PRESS

# Mounties balk at paying Rogers to get their man

**New fees.** Dispute simmering over who should pay when police ask for help in investigating cases

The RCMP and many other police forces are refusing to pay new fees imposed by Rogers Communications for helping them track suspects through their mobile phones.

Police say the telecommunications firm is legally obligated to provide such court-ordered services and to cover the cost as part of its duty to society.

Rogers says that, while it picks up the tab for most judicially approved requests, in some cases it will charge a minimal fee.

The quietly simmering dispute underscores long-standing tensions over who should pay when police ask telephone and Internet providers to help investigate cases.

It began late last May when Rogers wrote to RCMP divisions and other police services across Canada to say it would usher in new fees to law enforcement on Aug. 1.

The fees were meant to help execute warrants for tracking customers' movements through cellphone data and help produce affidavits certifying records when testimony is required to explain them in court.

RCMP officials responsible



A phone displays the RCMP website in this photo illustration. The RCMP and many other police forces are refusing to pay new fees imposed by Rogers Communications for helping them track suspects through their mobile phones.

DOUG IVES/THE CANADIAN PRESS

## Payments

Although they have concerns about the new Rogers fees, the RCMP says it did pay more than \$2 million to telecom firms in 2012-13 in connection with customer information and intercept-related activities.

for covert operations told their superiors in a June briefing note there was no legal basis for the planned fees and that Rogers could be charged under the Criminal Code for

failing to comply with a court order if it refused to provide the services unless compensated.

The note, obtained by The Canadian Press under the Access to Information Act, points to a 2008 Supreme Court of Canada decision in which the judges said companies would generally be expected to comply with court orders on their own dime unless costs became unreasonable. In the case at hand, the court said it was not unreasonable for Tele-Mobile Co. to pay annual costs of between \$400,000 and \$800,000

to comply with production orders.

The RCMP note suggested that the Canadian Association of Chiefs of Police be asked to issue a collective response to Rogers that "police will not be paying the fees requested."

Rogers spokesman Kevin Spafford said the company dropped the demand for fees related to affidavits prior to the Aug. 1 changes.

However, where possible, Rogers does recover costs for location tracking of mobile devices, Spafford said.

THE CANADIAN PRESS



### Caretaking Opportunities

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## VOICES

# BELIEVE IT OR NOT, PEACE IS ON THE INCREASE

Being inundated with gruesome imagery can make the world seem like a frightening violent place, but some experts say this era is likely the least violent ever



**ROBSON  
FLETCHER**

readers@metronews.ca

Last week, the world was shocked by the brutal attack on the Charlie Hebdo newspaper headquarters in Paris.

Within the past few months there's been the deadly shooting on Parliament Hill, the massacre at a school in Pakistan, a passenger plane shot out of the sky over Ukraine. Last decade brought us the Sept. 11 attacks, the Iraq war and the genocide in Darfur. All of this violence, all of this savagery, all in real time.

We live in an era when the worst of humanity is live-streamed, live-tweeted or live-broadcast (now in high definition!) for immediate consumption and maximum emotional impact. The inundation of gruesome imagery, understandably, can make it seem like the world is a frightening and increasingly violent place.

Yet, we also live in an era that's been described by Canadian-born Harvard professor Steven Pinker as likely the least violent ever.

"Today, we are probably living in the most peaceful time in our species' existence," Pinker said, citing a plethora of historical and recent data, during a speech at the TED conference in Monterey, Calif., in March 2007.

By the end of that year, New York City — once known for its sky-high crime rates — had seen its fewest homicides since the NYPD started keeping detailed records in 1963. Since then, the low murder mark has been broken four more times: in 2009, 2012, 2013 and 2014.

Last year saw just 332 homicides in the United States' largest city, down from its staggering peak of 2,245 murders in 1990. The country, as a whole, has seen its murder rate cut in half in the last quarter-century.

Canada has followed a similar trend. Our murder rate peaked in 1975 at 3.03 per 100,000 people, then dropped steadily to just 1.44 in 2013 — the lowest rate since 1966.

Here in Alberta, in just the past decade, we have seen major declines in the "crime severity index," a tool police and Statistics Canada use to measure "the relative seriousness" of reported crimes. The index fell by 41 per cent between 2003 and 2013. For youth-crime severity, specifically, it fell 64 per cent.

All of this continues a centuries-long trend that has been observed by Manuel Eisner, a comparative criminologist at the University of Cambridge. "Serious interpersonal violence decreased remarkably in Europe between the mid-16th and the early 20th centuries," he wrote in a major study on the topic.

Eisner focused largely on homicides and other crime — but when it comes to large-scale violence, the world has also become increasingly peaceful.

The number of people killed in armed conflicts has plummeted in the past half-century, according to the Vancouver-based Human Security Report Project, which measured "state-based battle deaths" per million humans.

In 1950, the rate stood at 236. By 1971, it was 101. During the 1990s, it had dropped to about 15. But the most peaceful decade, by far, was the first part of the 21st century, with roughly three people killed per million, per year, in war.

And it's not just state conflicts, although those have historically claimed the most lives by a large margin. As Pinker observed: "Since the end of the Cold War there have been fewer civil wars, fewer genocides — indeed a 90 per cent reduction since post-World War II highs."

None of this is to minimize the suffering that so many people continue to experience today. Civil war rages on in Syria. Boko Haram continues to slaughter and inflict unimaginable horror on the people of Nigeria. Terrorists continue their attempts to intimidate free societies. The world, in many ways, is still a terrible place. But it's getting better.

*Robson Fletcher is a senior reporter for Metro Calgary.*



People participating in the Unity rally in Paris on Jan. 11 gather at the Place de la Nation to pay tribute to the 17 victims of a three-day killing spree by homegrown Islamic extremists. Metro columnist Robson Fletcher writes that despite events like the brutal attack on Charlie Hebdo, the numbers show violence worldwide is declining. LOIC VENANCE/AFP/GETTY IMAGES

## Humour comes with both power and consequences

These are dark days for those who want to believe that the pen is mightier than the sword.

The attack on French satirical newspaper Charlie Hebdo has caused grief and soul-searching around the world. It's exposed the risks humorists can run — only intensified in an era of instant global communication when starkly opposed ideologies can collide.

British cartoonist Gerald Scarfe expressed his anguish in the Sunday Times newspaper with the image of a sword slicing off a hand holding a pen. In the Sunday Telegraph, Bob Moran depicted a cartoonist in full body armour under the slogan Keep Calm and Carry On. For centuries, satirical stories and cartoons have mocked the powerful and sacred in the societies that produced them. Often they drew harsh reaction. Offending an absolute monarch could mean death. Well into the 20th century, comedians from

Lenny Bruce to the editors of British magazine Oz were prosecuted for offending society's sensibilities.

Today, societies in countries like France are more diverse than ever before. Once overwhelmingly Catholic, France is now an officially secular country with five million Muslims, about 7.5 per cent of the population. There's less consensus on what's taboo and where the boundaries of taste and offence lie.

And now that words and images move around the world at the click of a mouse, there are more chances for provocative humour to collide with rigid ideas, whether Islamic fundamentalism or North Korean communism.

Charlie Hebdo springs from a French satirical tradition that reaches back to the republic's revolutionary roots: Rude, scabrous, an enemy of power and piety. Its targets have included

popes, politicians — and the Prophet Muhammad. Many Muslims believe all images of the prophet are blasphemous; Charlie Hebdo's cartoons could be deliberately crude and outrageous, once showing Muhammad as a star in a porn shoot.

Some witnesses reported that the attackers who killed 12 people at the paper's offices shouted, "We have avenged the prophet."

The attack is another chapter in a story that stretches back to Salman Rushdie's 1988 novel *The Satanic Verses*, whose ironic take on the prophet drew a death edict from Iran's religious authorities. The British Rushdie lived in hiding under police protection for years. Many miles from both Britain and Iran, his Japanese translator was stabbed to death. Rushdie's Italian translator and Norwegian publisher were also attacked, but survived.

The attack on Charlie Hebdo is the latest shocking reminder that humour has both power and consequences.

Since the attack on Charlie Hebdo, hundreds of thousands of people around the world have gathered to proclaim, "Je suis Charlie" (I am Charlie).

Despite the show of solidarity, some fear the violence will lead to self-censorship by artists and publishers.

British cartoonist Martin Rowson said last week that he wanted to respond to the Paris killing with a cartoon of Muhammad wearing a "Not in my name" T-shirt. Instead, Rowson drew himself slumped at his easel in a cartoon for *The Guardian*. His loved ones, the caption explained, "don't want me to risk getting murdered offering a few of you lot a wry smile."

*JILL LAWLESS/THE ASSOCIATED PRESS*



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Gossip

NED EHRBAR

METRO'S TAKE ON  
THE WORLD OF  
CELEBRITIES



Harry Styles ALL PHOTOS GETTY IMAGES UNLESS NOTED

## Stars shed their clothing as Golden Globes venue cranks up the heat

If you thought the stars at the Golden Globes looked a little shinier than usual, you're not wrong.

Turns out the air conditioning at the Beverly Hilton just wasn't on Sunday night. Couple that with the rain that plagued Los Angeles all weekend and you've got one humid ballroom, illustrated by glistening presenters, multiple men — like Benedict Cumberbatch and Matthew McConaughey — ditching their jackets, and actresses furtively fanning themselves.

One attendee even passed



Benedict Cumberbatch

out at his table, prompting a visit from paramedics during the show. Fun times.

## Is Beyoncé's bump a baby or just a saucy daughter?

It seems Beyoncé can't even enjoy a simple afternoon of being buried in sand by Blue Ivy without everyone jumping to the conclusion that she's expecting again.

But that's probably because her three-year-old daughter decided to give her a rather noticeable bump in

sand sculpture form.

Beyoncé posted an Instagram pic of herself under the sand, and set off a firestorm of speculation.

Maybe this really is her way of announcing the news? Or maybe Blue Ivy is just being extra-critical at a surprisingly young age.



Beyoncé INSTAGRAM

## Chris Brown jokes, panics as shots fired at his show

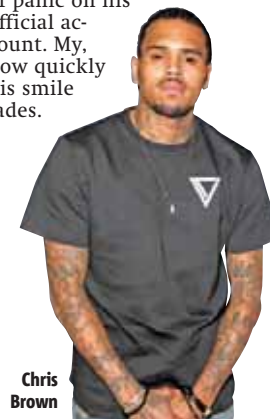
A recent Chris Brown show in San Diego ended in chaos after gunfire rang out at a Fiesta nightclub while the embattled singer was on stage, according to TMZ.

Video from the gig shows Brown noticing a scuffle and making light of it before shots were fired and his security sprang into action.

Police sources say five people were wounded in the incident, although no suspects have been named.

Brown, no stranger to gunfire at his events, didn't seem that weirded out by it. He even shared a

Vine of the moment of panic on his official account. My, how quickly his smile fades.



Chris Brown

## Harry is dating in style but wants to keep it secret



One Direction's most likely solo artist, Harry Styles, has earned himself another celebrity merit badge — this time for Victoria's Secret modeling.

Nice work, Style! The floppy-haired crooner has reportedly been getting quite cosy with Nadine Leopold as of late.

"Harry has been getting more serious with Nadine," a source tells Us

Nadine Leopold

Weekly, adding that the pair are "spending lots of time together" lately.

But another source insists we shouldn't read too much into their quality time.

"Harry is having a good time being a young rock star," the second source says.

"You will know he has a girlfriend when he steps out on the red carpet with one.

"Until then, he's having fun and enjoying life."

I guess that's us told. Still, congratulations?

## Rowling twists tweet right back at Rupert



J.K. Rowling

If social media is good for anything, it offers a fantastic platform for witty comebacks.

J.K. Rowling used it for just such a purpose after Rupert Murdoch riled folks with his Charlie Hebdo-related tweet insisting all Muslims need to be held accountable for the actions of the men behind last week's attack in Paris.

Instead of just shouting back, Rowling turned his own twisted logic against him, posting, "I was born Christian. If that makes Rupert Murdoch my responsibility, I'll auto-excommunicate."

And folks in the Twitter-verse seemed to agree with her, as her tweet quickly earned more than 20,000 favourites, compared to Murdoch's 3,000.



We may never be royals, but we can listen to King, have custom-made songs and enjoy a new album

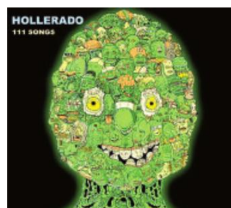


**SOUND CHECK**  
Alan Cross  
scene@metronews.ca



### Continental Shelf/Viet Cong

Rising from the rubble of Calgary's well-regarded Women, Viet Cong's highly anticipated self-titled album will be out next Tuesday. An early contender for the 2015 Polaris Music Prize?



### Firefly/Hollerado

The boys from Ottawa promised that the first 111 fans to pre-order their last record would get a custom-written song about them. The results are on 111 Songs, due March 24. Here's 1/111th of that record.



### King/Years & Years

Every January, the BBC conducts a poll of music wonks to determine which new artist has the best chance of breaking out over the next 12 months. Previous winners have included 50 Cent, Keane, Adele, Haim and Sam Smith. This year's winners are from London.

## New album. Producer Mark Ronson is all funky up about his latest hit

Mark Ronson has multiple Grammy Awards and the current No. 1 song in the U.S. and U.K. Still, he had to agree when a photographer recently called him "the white guy in the Bruno Mars video."

Ronson, soft-spoken and analytical, is happy to stand just outside the spotlight as he promotes Uptown Special, his fourth album, out today. He recorded over the last year with producer Jeff Bhasker (Kanye West, fun) and enlisted author Michael Chabon, who won the Pulitzer Prize for fiction in 2001 for the novel *The Amazing Adventures of Kavalier & Clay*, to write lyrics.

The 39-year-old British producer partnered with Mars on the hit Uptown Funk, a throwback tune influenced by early 1980s funk groups like The Time. It's become the biggest hit for Ronson, best known for producing Amy Winehouse's *Back to Black*.

Ronson spoke at Bhasker's poolside music studio in Venice, Calif. about collaborating with Chabon and Mars, whom Ronson worked with on the crooner's hits *Locked out of Heaven* and *Gorilla*.

**You've had success as a writer and producer, but Uptown Funk is a huge hit that's your song. How significant is that to you?**

I know of course it has so much to do with Bruno. It's like even if the record was garbage, it's Bruno Mars, you're guaranteed a certain level of attention, right? ... I'm as proud of (Uptown Funk). ... It's awe-



Mark Ronson GETTY IMAGES

some, but at the same time it almost feels like it's happening to somebody else.

**Are you taking tips from Mars on how to handle the attention? He seems to thrive on energy of fans, but I don't get the sense that you do.**

When you're going on tour and you get to play these songs that you wrote and get the thing from the crowd, that is fun. But when you're standing next to somebody like Bruno Mars — probably, maybe the greatest male live performer-entertainer of his generation — there's no need to try and claw some of the spotlight for yourself ... There was some MTV thing that (called us) 'Pop's new power couple.' ... I just wrote him an email. I was like, "Is it weird that I get a nice feeling when someone calls us a power couple? As if we're Barry Diller and Diane von Furstenberg or something. Do we need a name — like Brark Manson?"

**Once Michael Chabon gave you lyrics, you had to say no to some of them. What's that feel like?**

So I would have a piece of music and Michael would have these amazing lyrics, much cooler and more interesting than anything I've ever worked on, which is why I asked him to be a part of it. But maybe sometimes I'd realize it was more interesting than I was even with my pop sensibility attuned to. Some of the lyrics, they were Leonard Cohen-like — these stories of these kind of dark people that were awesome but maybe for the music that I'd written it didn't seem to fit. ... Jeff (Bhasker), in his endearing but super-blunt way, has these really adamant rules about songwriting. "These words, no you can't say that 'cause that word doesn't sing well and you have to have more repetition here, nobody's going to want to hear that."

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# Science versus celeb culture

**New book.** Author Timothy Caulfield reveals how much we're being duped by celebrities' advice on well-being

IZABELA SZYDLO  
life@metronews.ca

Demi Moore has used leeches to detoxify her blood. Katie Holmes swears by snail slime to clear acne and reduce wrinkles. Gwyneth Paltrow is an avid promoter of, well, all things health — including the ever-popular cleanse.

But do any of these or other celebrity health endorsements and advice hold any scientific weight?

For his book *Is Gwyneth Paltrow Wrong About Everything?* Canadian author, professor and health policy expert Timothy Caulfield spent a year not only extensively researching and talking to a myriad of experts, but also trying some celebrity-recommended health, diet and beauty routines.

**Gwyneth's name appears in the title and she is peppered throughout the book. Why is she such an easy target?**

I genuinely like her and she seems like a sensible person, which is one of the reasons I was so fascinated by her. But she gives very explicit advice about our health, which does make her a pretty easy target in this area.

**The book looks at the illusions that anyone can be a celeb and that celeb status is worth having, but focuses mainly on health and wellness. What are the dangers of buying into the pseudoscience of celeb**



Gwyneth Paltrow uses the blog of her e-commerce site, Goop, to promote the Clean Cleanse, which she swears by. Caulfield found that no scientific study appears to back up the theories put forth by the detox industry that cleanses clear toxins, parasites or even bad karma in a manner beneficial to our health. GETTY



Timothy Caulfield. LUCY HAINES/METRO

## health advice?

It pulls us away from the simple truth of what we need to do to be healthy. It also helps to legitimize pseudoscience, which hurts our ability to be a critical thinking society. In addition to that, the solutions that are offered are about short-term results using drastic measures for the purpose of achieving a particular esthetic goal.

**You debunk a lot of hot topics — gluten-free, organic, drinking water to hydrate your skin, anti-aging creams, supplements, vitamins and more. What surprised you the most?**

I was really surprised at how little good science there was on beauty and anti-aging products. There's nothing out there that's independent and really trustworthy considering billions of dollars are spent in this industry. The other one is juicing. It may give you variety in your vegetable and fruit intake but there's certainly nothing magical about it. It doesn't enhance anything health- or nutrition-wise.

**You mention keywords we should be aware of such as detox, toxins and cleanse.**

## Why do you think they appeal to people?

"Detox" is a semi-scientific sounding word and it pulls on our instinctive belief in how our body works. Therefore, it helps to legitimize the idea of a cleanse. Who wants toxins in their body? And it plays to people's fears about pollutants in our world and food, and offers a "solution" to that problem.

## How frustrating is it for you, having written this book, to know that celebrity voices trump science?

It is very frustrating but that's one of my big conclusions now: The scientific, research, university and health care communities, we need to become part of the discussion. And the other thing I think is really important is having a

## Tim's top health tips



In the book *Is Gwyneth Paltrow Wrong About Everything?*, hitting shelves today, Tim includes the tried and tested ways to a healthy life.

- Don't smoke.
- Stay active, exercise regularly, and include some vigorous activities.
- Eat a balanced and calorie-appropriate diet that includes lots of fruits, vegetables, whole grains, lean protein, etc.
- Maintain a healthy weight (tough, I know).
- Wear sunscreen.
- Get an appropriate amount of sleep (which, for most, is between seven and nine hours a night).

trustworthy source of information that's independent and that people feel isn't coming from a compromised place. I hope the book isn't a downer, but liberating, so people don't have to worry about all that pseudoscience crap and can focus on the kind of stuff that really helps overall well-being.

# 3 TIPS

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# This year, it's really time to HIIT the gym



Rhonda Roberts Smid, founder and instructor at TAB Fitness, is pictured in her Toronto studio. THE CANADIAN PRESS

**Exercise.** Short, intense workouts, functional training among top fitness trends

Whether you're an avid exerciser or seeking to amp up your routine, fitness professionals are pointing to short, intense workouts and back-to-basics strengthening sessions among the hot trends to help you break a sweat in 2015.

For individuals seeking a challenging workout that is shorter in duration and free of tire-flipping and fire-walking, high-intensity interval training (HIIT) may be a viable option.

Characterized by intense bursts of exercise followed by brief rest periods, HIIT topped the list in canfitpro's first annual fitness trends survey, which polled nearly 2,000 fitness professionals.

Ranking second was functional fitness, described as exercise using movements to prepare individuals "for the activities of daily life."

"Doing a squat with a bar-

bell across your back is a very functional movement because we do squats all day long, whether it's getting in and out of a car or sitting down on the toilet or getting out of an office chair," said Rod Macdonald, vice-president of canfitpro, whose organization bills itself as the largest provider of education in the Canadian fitness industry.

South of the border, the American College of Sports Medicine ranked HIIT second on its 2015 fitness trends survey, with body weight training — like pushups and pull-ups — topping its list.

Macdonald said he isn't surprised to see HIIT topping the Canadian list.

"High-intensity interval training allows the fitness professional to integrate a lot of effective work in a very short period of time which is also appealing obviously to the participant ... who maybe doesn't have a lot of time, or on certain days doesn't have a lot of time and they still want to get a great workout."

Macdonald said individuals just starting off with an exer-

cise program should work with a certified fitness professional and be screened for any underlying health issues beforehand. But if they're in good condition, HIIT is OK provided they're supervised and go through a full warm-up and cool-down, he added.

Vancouver-based fitness instructor Amanda Vogel said in the HIIT class she leads, some participants will opt to go "really hard" in intervals while others adopt a more moderate pace. "We're all working together within the framework of what everyone is able to do," said Vogel. "I still think there's a lot of benefit to that because one, they're moving, which is really important, and anything people are going to enjoy that's going to get people moving in the right direction of consistent exercise is going to be beneficial."

Rhonda Roberts Smid of TAB Fitness in Toronto said it's important for people who take on more physically intensive classes to realize they may not necessarily be getting a better workout, and is a proponent of adopting a more moderate

approach — particularly for novices.

"I think when you do something that's very aggressive immediately — because your body is super sore and you see the beauty muscles shining right away — you think 'Yeah, this class is definitely giving me what I need.'"

"But underneath all of those beauty muscles is the foundation. And when that is weak it tends to break down quickly, and that is why people are getting injured in a lot of these more intense classes.

"My suggestion to people always is slow turtle. If you're new to working out don't throw yourself into the (Tough) Mudder or a half-marathon."

Regardless of which type of workout they prefer, Macdonald said it's important that everyone exercises and adopts a regimen best suited to them.

"If somebody's going to go to the gym and they wouldn't have otherwise and they're going to do something that's moderate or even low-intensity, I would rather that they do that than not go to the gym at all."

THE CANADIAN PRESS

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## Yoga. Winter is the time to get into this exercise

**EVA KIS**

Metro World News in New York City

The New Year can be a bit of a hectic time, what with the planning for the rest of the year, keeping warm and trying not to overindulge in all that calorie-laden comfort food.

So, if you haven't started putting your New Year resolution into gear, you're likely not alone. If your goal is to get fit, winter is actually the best time of the year to begin your fitness journey — especially if you're thinking of giving yoga a shot.

Celebrity trainer Kristin McGee tells us why.

### Prevent accidents

Yoga teaches awareness of your body and strengthens your core, which helps improve balance and can prevent injuries as ice and snow become a problem. "You're using your own body to support yourself in poses, and you get that in the real world as well," says McGee.

"You're much less likely to trip and fall; it's easier for you to use your body in a way that's safe."

**Keep your healthy resolutions on track**  
Using your body as leverage

doesn't just build muscles; research has shown it increases bone density.

Even more than that, "you learn how to use your joints correctly, hinge from the right areas, not over-muscle your way through things, not over-stretch, not pull things," McGee says. "The flexibility and the joint mobility is great for injury prevention as well because you're not so stiff. A lot of times people injure themselves when a muscle is stiff."

### Don't let stress wreck your mood

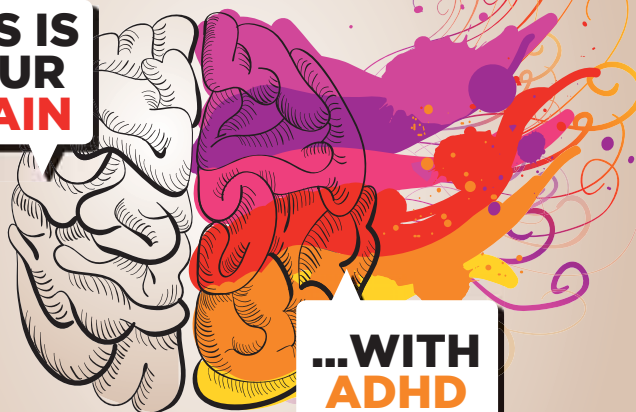
"Now that stress is so prevalent and that it's one of the leading causes of disease, yoga really helps with stress release.

"And I think when we are more stressed, we don't think as well and we're more accident-prone," says McGee.

Learning to focus on your breath and clearing your mind during yoga can help you do the same when the holiday season becomes overwhelming. "When you're centred and you're in a better place in your life, and you feel fit and healthy on the inside, and you've got that peace of mind, you just naturally move better."

## STRUGGLING?

THIS IS  
YOUR  
BRAIN



...WITH  
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## STRUGGLING TO COMPLETE TASKS? DISORGANIZED? CAN'T STAY FOCUSED? RESTLESS OR FIDGETY?

The University of Calgary, Psychopharmacology Research Unit (PRU) is conducting a research study with an investigational medication for ADHD in individuals aged 12-17.

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# LEARNING CURVE

## Is it time to reinvent yourself?

The onset of the new year often brings resolutions, and many people who make them have post-secondary education goals in mind. Perhaps you want to reapply yourself to your current studies after the holiday break, find the finances to finish a program, or decide whether you want to change your area of study altogether.

The latter case is especially common, with several students dropping out of school at the end of the first term or sometimes after the first few weeks.

"Many young people transitioning straight from high school to college or university haven't given enough thought about what their potential career job really



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looks like and whether they have the skills and aptitude for it," says Laurie Edwards, the Halifax-based director of career and

counselling services at the Nova Scotia Community College.

Before making a decision and applying

to a program, Edwards advises doing these three things: read about the career; talk to someone working in the industry; and try it on for size by volunteering or interning.

Students who choose to drop out should realize that they are going to have to describe their decision in a positive way to potential employers during job interviews. For example, they could explain that they tried the program but didn't feel it was the right fit for the long term, so they have decided to work to replenish their finances while they investigate their next education steps.

If you like your program but you are struggling with finances or your grades are slipping, it doesn't mean you have to quit.

"Check with the student services and business offices on your campus for financial assistance and look into getting a tutor to help improve your grades," Edwards says.

If lack of motivation is the main problem as second term progresses, Edwards offers this advice. "Taking part in extracurricular activities with like-minded people, such as joining clubs, associations or athletics teams, can be a great motivator to get back into studying mode." — Jane Doucet



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## AMBROSE CONTINUES TO GROW

Ambrose University has been working hard to up its game in the sports world with the Ambrose Lions in the Alberta Colleges Athletic Conference (ACAC).

"Ambrose University as a whole was growing, adding more academic programs and, as such, it was part of the growing up or maturing of our athletic program to keep pace with the university," says Ryan Willison, director of athletics and campus recreation at Ambrose University.

As a proud member of the ACAC, Ambrose offers three varsity sports (men's and women's) — futsal (2012), volleyball (2014), and basketball (will join fall 2015).

This new conference allows Ambrose to

compete against more competitive schools, giving the school the chance to recruit more and better athletes and thus increase the student experience.

"We are not satisfied with simply being counted as one of the league members," Willison says. "We want to lead the way, both on and off the field of play.

"We want to be a destination for top-rate athletes to come and compete at the highest level, receive top-quality education, and be formed through this to become better individuals who contribute to our society. I feel as though there is no ceiling for Ambrose athletics."

For more information, visit [ambrose.edu](http://ambrose.edu).

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# STAY CURRENT AT CAMBROOKS

## PROGRAM HELPS MASSAGE THERAPISTS

Cambrooks College can help massage therapists get up-to-date with new requirements.

"The original massage therapy requirements for certification was 1,100 hours and the new requirement is 2,240 hours," says Pamela Paul, programs manager, Cambrooks College. "We are having a PLAR (prior learning assessment and recognition) program to allow those who have previously completed the 1,100-hour pro-

gram to complete the PLAR program to bring them up to 2,240 hours as opposed to starting the entire program over again."

Paul says there is only one other PLAR massage program offered, which is online.

The PLAR program will not only save therapists time, but also money from not having to start over. The program will also help therapists return to the field faster.

Cambrooks College offers students smaller class sizes and lower costs than many other institutions offering this training.

"Massage therapy is very much in demand and there are many places seeking those with 2,240 hours diploma," Paul says.

The 2,200-hour massage therapy program at Cambrooks College is accredited by the Natural Health Practitioners of Canada Association (NHPCA).

For more information, call 403-452-3694, or visit cambrooks.ca.



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## Dental clinic is a win-win for students and patients

### *Visit the Columbia College patient care clinic*

Oral health is important, so don't let cost stand in your way of dental health.

The patient care clinic at Columbia College offers polish/fluoride, dental X-rays and sealants for a fee of only \$10, while dental assistant students learn hands-on, industry skills.

"All students must have the opportunity

to work on public patients before going into the industry to work as registered dental assistants," says Carey Thomson, program chair, dental health department.

"The students gain an exceptional learning experience when seeing public patients who they don't necessarily know, and learn to become more comfortable."

This opportunity is a win-win for both students and patients.

Thomson says interested patients should make sure they have their dental scaling completed, if required, prior to coming in for an appointment, as students may complete polish and fluoride when it is prescribed, but not scaling.

Patients can call the patient care clinic at 403-235-9314 to book appointments from mid-January to February for the February/March clinic.

"This is a learning environment, so all services may not be offered depending on the time required by each student," Thomson says.

For more, visit [columbia.ab.ca](http://columbia.ab.ca).

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# Gain valuable work experience

## University of Regina co-op programs

The University of Regina co-op program has provided business administration student Courtney Kinequon much more than she ever expected.

She has successfully completed three work terms, including her most recent placement with Saskatchewan Government Insurance (SGI).

"I love the fact that with every work term I'm adding more skills and experience to my resumé," Kinequon says. "Completing work terms with different companies has helped get my foot in the door with more people and helps pave the way for future employment."

The U of R has a long history of helping students find work. As one of the pioneers of co-operative education, the U of R has helped countless students find employment and gain valuable work experience in their field of study.

U of R co-op students can kick-start their careers while earning as much as \$13,000 per semester.

Nicole Barber, a fourth-year undergraduate majoring in environmental systems engineering, received a \$5,000 international scholarship from ASHRAE (formerly known as the American Society of Heating, Refrigerating and Air Conditioning Engineers) for her studies and efforts to help fellow



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engineering students at U of R.

She says the co-op program has helped her get a feel for the engineering industry and its versatility.

"The program allows me to try out different options," Barber says. "For example, I get to see if I like the consulting aspect of engineering."

The co-op program alternates practical, career-related paid work teams with semesters in class, giving students 12 to 16 months of supervised work experience by the time of graduation.

Students in good academic standing in the faculties of arts, business administration, engineering and science are

eligible for the co-op program.

The U of R also runs one of the few successful liberal arts co-op programs in Canada.

Co-op programs are available in nearly 50 areas of study. These programs have helped the University of Regina students earn nearly \$10 million in 2013.

The U of R is accredited by the Canadian Association for Co-operative Education (CAFCE), which means the school meets the highest standards for quality and commitment set out by the national governing body.

For more, visit [uregina.ca](http://uregina.ca).

## GET A JUMP ON YOUR JOB SEARCH

For college and university students, there is often an extra layer of work to do in the second semester, which involves job hunting, whether it's for a casual summer gig between semesters, or, for graduating students, a career position.

Your job search strategy should be the same regardless of the type of employment you are seeking.

"Students need to know both the job they're looking for and their key strengths, skills and interests in order to sell themselves as the best candidates," says Christine Frigault, the co-ordinator of career planning services at Mount Saint Vincent University in Halifax.

The search should begin at the campus's career centre, which will be posting jobs for students and recent graduates. It's also a good idea to attend career fairs organized by your school, and to look for notices when certain employers will be visiting campus.

However, having great grades might



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not be enough to get hired.

"Employers are looking for well-rounded candidates, so students should do some volunteer work, ideally something in their field of study," Frigault says.

Employers also look for graduates who have held leadership roles and have been involved in athletics and extracurricular activities.

When it comes to launching a job search, Frigault's most important piece of advice to graduating students is to not delay.

"Don't wait until you graduate to start looking. It'll be too late."

In the first few weeks of second term, students should set aside five to 10 hours a week to update their CV, cover letter template and LinkedIn profile, which employers do check (if you don't have one, it's time to create one), and to search for jobs.

Keep in mind that employers will be looking at all of your social media platforms, such as Facebook, Twitter and Instagram.

"Take a good look at your social media and ask yourself if you'd want a potential employer to see everything you're posting," Frigault says.

— Jane Doucet



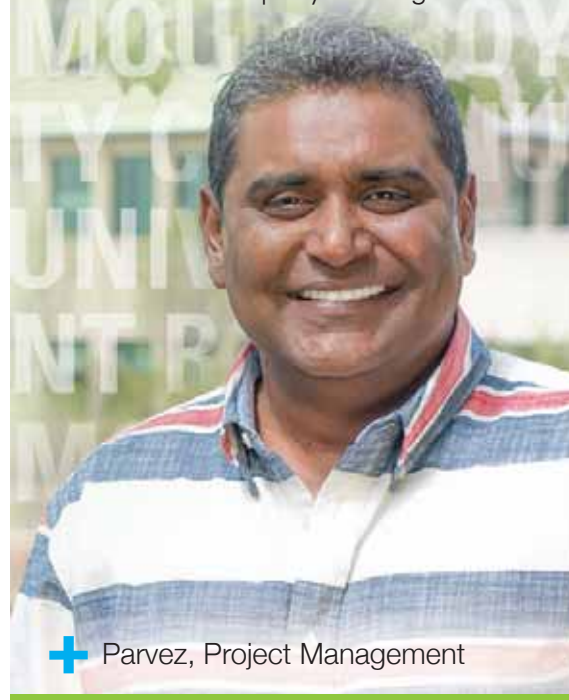
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# Online education offered at Robertson

Just because it is a new year, it may not mean you have come into a mountain of extra time to achieve your resolutions.

If going back to school was on the list, but time is holding you back, perhaps it is time to check out some of Robertson College's online learning options.

"The flexibility of class schedules allow our students to take care of daily responsibilities as well as pursuing a dream of finishing post-secondary education," says Audrey Blatz, director of online, Robertson College.

"Robertson College Online is a great option for students that are not looking for a typical classroom setting."

While online learning may seem as if it does not have all of the advantages as in-class learning, Robertson Online students are still able to access all the services as on-campus students.

They also learn from instructors with



Audrey Blatz

## LOADS OF OPPORTUNITIES

Student aid is available for most programs. Online students are also able to access Robertson College's lifetime career services any time after completing one of Robertson's programs. Robertson College graduates more than 2,500 students every year. They offer a national employment network of more than 1,000 employers.

real-world experience and are able to interact directly with them.

With the freedom of being able to access education with the click of a button, online learning makes it easier for almost anyone to access the training they desire, from almost anywhere they can get an Internet connection.

"Online education allows more people access to post-secondary education," says Blatz.

"We are able to offer our programs to individuals in both rural and urban settings."



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And now funding the cost of education does not need to be a point of stress in the new year either.

Robertson's online programs are now student-aid approved in Alberta, opening the door for many students to pursue their career goals. Robertson College's student

finance department is committed to working with any students in need of financial assistance and helping to answer all of their questions.

For more information or for a list of online programs, visit [robertsoncollege.com/irobertson-online-training.aspx](http://robertsoncollege.com/irobertson-online-training.aspx).



## UNIVERSITY OF CALGARY CONTINUING EDUCATION



"I'm so glad I did the certificate ... I've walked away from every seminar with so much good information."

**Heather Andrews**, Graduate.  
Certificate for Emerging Leaders  
**good thinking.**

## Business Seminars

This winter, take these seminars on their own or towards the Certificate for Emerging Leaders. Most sessions run from 8:30 am to 4:30 pm and include lunch. Don't be disappointed. **Enrol early.**

Looking for group training opportunities? All of these seminars can be adapted to corporate training sessions. To learn more, call 403.220.2988.

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Course: BUS 138  
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Course: BUS 155  
Mar 10 - 12 | \$765 + GST

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Course: BUS 279  
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Course: BUS 244  
Mar 26 - 27 | \$589 + GST



# Enrich your real estate career

*U of C's Westman Centre adding more courses this spring*

Real estate is always a hot topic in Calgary.

Up or down, it is a sector with endless possibilities.

"To support the demand for highly skilled and visionary leaders in the real estate industry, and to help deliver robust research on the state of the industry, the Haskayne School of Business established the Westman Centre for Real Estate Studies," says Jyoti Gondek, director, Westman Centre for Real Estate Studies, Haskayne School of Business at the University of Calgary.

"There is tremendous potential for the Westman Centre to be a leader in educating global leaders, developing critical thinkers, generating collaborative research, and creating new opportunities for outreach for our community of academics, practitioners and government representatives."

The Westman Centre currently offers three core courses in real estate studies that deal with the fundamentals of real estate development, new ventures, and investment and analysis.

Gondek says these courses have been designed for undergraduate and graduate students, whether it is first-time exposure to the field of real



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estate studies, or an opportunity to gear a graduate program towards the business elements of real estate.

"Our plan is to offer an undergraduate concentration in real estate and an MBA specialization within the next two years," says Gondek.

Two new courses will be offered in spring 2015 with a focus on land development and planning, as well as urbanization.

"What sets the Westman Centre apart from other real estate studies programs is our focus on the interconnectedness of the multiple facets of real estate, including land values, design principles, built form and consumer need," says Gondek.

"We're eager to take ideas and best practices from around the globe, as well as other faculties and departments, and apply them to the challenges

## CENTRE LAUNCHED WITH SEED FUNDING

The real estate studies program at the Haskayne School of Business was initially launched in 2011, financed with \$1.2 million in seed funding secured from 37 industry partners.

The Westman Centre for Real Estate Studies was officially named in November 2013 following a \$5 million gift from Calgary builder and developer, Jay Westman.

faces facing all stakeholders involved in positioning our cities for the future."

For more information about these offerings or the Westman Centre, visit [haskayne.ucalgary.ca](http://haskayne.ucalgary.ca).



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# BECOME A PHARMACY ASSISTANT

Pharmacies would not run as smoothly without the help of a pharmacy assistant.

These professionals assist the pharmacist with daily operations of all pharmacy environments and are an essential member to the Alberta health-care team.

The pharmacy assistant program at ABM College is working to provide quality trained professionals to meet the growing demand in this field.

"This program has been designed for those interested in medication therapy and

enjoy helping patients," says Syed Ahmed Hussain, pharmacy assistant instructor, ABM College.

The program includes 875 hours of classroom instruction, with 200 practicum hours for students to complete (43 weeks).

Students learn the essential skills to assist in the day-to-day operations of a pharmacy. Topics covered in this program include anatomy, physiology, pathophysiology, microbiology and aseptic techniques, pharmacology and therapeutics, pharmacy maths, com-

munity pharmacy and pharmacy practice with Kroll software, along with communication skills and computer skills necessary for this type of work environment.

"At ABM College, the atmosphere of learning is very friendly, but also highly professional," Hussain says. "Our students are ready to start work in any pharmacy setting like community, hospital and long-term care facilities."

For more information about this program and the next intake, visit [abmcollege.com](http://abmcollege.com).

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While it may seem cliché, the new year is all about new beginnings for many.

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tunities for anyone looking for a better job for the new year," says Charles Jarvis, general manager, Academy of Learning.

"College graduates simply have more options and better salaries when seeking the career they want."

Because Academy of Learning does not have wait lists or limited start times, it is

easier to get started on your educational journey. Instead, Academy of Learning offers flexible, effective, individualized hands-on learning in areas including, but not limited to, business, health care, technology, legal, accounting and tourism.

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# ABES accommodates your educational needs

With 13 intakes per year, the health-care aide program at Alberta Business and Educational Services (ABES) provides individuals the opportunity to get the training to become a health-care aide when it is easiest for them.

According to ABES, the job market is strong in health care and offers great opportunity for growth.

"Health-care aides are in demand largely due to the aging population and the growth within health care as a whole," says Julie Wright, campus co-ordinator, ABES.

"Calgary and area have and are opening many facilities over the next couple of years."

Wright says this program is perfect for those who would rather ditch the office scene and for those people who are interested in working directly with people.

In just 21 weeks, the health-care aide program trains individuals to become fully qualified to work in a hospital, nursing home, or care facility.

Because ABES works directly with local employers to better understand all of their requirements for employees, students are

able to gain the skills to get jobs once they have completed the program.

And to help with the initial job search and preparation, each student is required to take part in the practicum portion.

"ABES offers three separate clinical practicums, therefore exposing our grads to more employment opportunities," Wright says.

"We also offer 13 certificates, which make our graduates more desired by employers."

ABES runs in partnership with Alberta Health Services, Calgary Lab Services, and Alberta Human Services and is the main employer (but not only) for ABES graduates.

"Our program also offers a bridge to an LPN training program if you would like to continue your education by entering the best nursing program in Calgary," Wright says.

ABES students will earn the government of Alberta health-care aide certificate to qualify as a Calgary health-care aide.

ABES also offers an evening and weekends program to help individuals fit an education into their busy lives.

The next intake for this program is Jan. 19. For more about this program, visit [abes.ca](http://abes.ca).

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# The flexibility of online learning

## University of Calgary continuing education certificate programs

Jennifer Resch was originally nervous about taking an online program, but like many students, she quickly learned to appreciate the flexibility and convenience of online learning.

Taking courses and working full time when you are married and raising a family like Resch can be demanding.



**Heidi McMann**

"It was a juggle," says Resch, a recent graduate of the certificate in adult learning, just one of many University of Calgary continuing education certificate programs offered entirely online.

"But the flexibility of online courses made it manageable. I was able to do my work once my kids were in bed."

Heidi McMann had already taught English as a second language for several years before enrolling in continuing education's teaching second language certificate program.

Unsure of online learning, she started with just a few courses.

"It turned out to be a very good program, so I decided to complete the certificate," McMann says. "And now, I would do an online program again. I really liked the freedom and the flexibility of it, especially being able to work from home."

Mike Eckinger has completed two continuing education certificates: The security management certificate; and the health, safety and environment (HSE) certificate, an ideal combination for his career.



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Both are available completely online.

"For me, online learning was a positive experience, I liked the flexibility," Eckinger says. "The instructors were excellent and the discussion forums were always helpful."

Mylan Nguyen is a recent graduate of the certificate in professional writing.

It was her first online program, and one that has since motivated her to seek out

another online program with UCalgary — a graduate studies program in education.

"Now I know what online learning is like and how beneficial it can be," Nguyen says.

Most of continuing education's online courses are instructor-led and interactive. Students work within scheduled start and end dates, and observe set timelines for learning activities and assignments.

Students can work from anywhere with an Internet connection.

Online students start with learning online, a prerequisite 10-hour course that sets students up for success in the online environment.

For more information on online learning with University of Calgary continuing education, visit [conted.ucalgary.ca](http://conted.ucalgary.ca).



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# Advance your career in finance with Mount Royal

*School hosting info night Feb. 5*

For those interested in the world of finance, the faculty of continuing education at Mount Royal University offers a range of programs in financial services that can lead to exciting careers in this field.

These programs are taught by highly qualified and experienced instructors, most of whom are industry practitioners who work in senior levels of the financial services industry.

"The programs are ideal for those wanting to begin or advance their career, or for those wanting to take more control over their own financial affairs," says David Clarke, financial services instructor, continuing education, Mount Royal University, and vice-president, sales at BMO Financial Group.

Mount Royal University offers two streams in financial services.

First, the personal finance stream aims to help individuals and couples become more aware, educated, and empowered to take control of their personal finances.

Second, the professional stream helps both newcomers to the Canadian financial services industry become qualified to sell securities, mutual funds, or life insurance, and also helps experienced financial professionals attain advanced qualifications in financial planning or complete additional licensing to better service their clients' financial needs.

"Financial services offer a great career working with people to help them prepare for the future," Clarke says. "Whether it be as a certified financial planner, an investment adviser, personal banker, or sales assistant, there are a multitude of possibilities."

The Feb. 5 information night at MRU will give prospective students the chance to learn about career paths in financial services, and speak with instructors and program graduates to better understand their career prospects and structure of the program.

One of MRU's certified financial planner graduates will also be on hand to speak about their experience in completing this program and how it has benefited their career.

To find out more, or to register for the information night, call 403-440-6636 or visit [conted.mtroyal.ca/financial](http://conted.mtroyal.ca/financial).

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# uLethbridge adds master of nursing

*Strength of faculty allows for program growth*

Over the years, the University of Lethbridge gathered evidence that there was a demand in southern Alberta for a master's of nursing degree.

Now, in the fall of 2015, uLethbridge is ready to welcome its first cohort into the brand new master's of nursing program.

"This program was designed to serve the educational goals of working nurses seeking to open up career opportunities as educators, clinicians, and managers," says Dr. Chris Hosgood, dean, faculty of health sciences, University of Lethbridge.

"Unlike our M.Sc. nursing, which is a thesis-based research degree, the master's of nursing is a course-based professional program designed to enhance critical thinking, practise, and leadership skills."

Hosgood anticipates that most students will complete their degree with a project that allows them to bring their new knowledge back into their work environment.

"Because our program was developed

to primarily serve the working nurse with unpredictable work schedules, the program delivery is largely online," says Hosgood.

However, because evidence suggests that students prefer some direct contact with professors, fellow students have included two face-to-face meetings each semester.

Students will also be able to complete the program on either a full-time or part-time basis.

"We have been progressing toward this for a number of years and are now at the point, given the strength and diversity of our faculty, to add this program as a complement to our bachelor of nursing program and related programs in addictions counselling, public health, and Aboriginal health," says Hosgood.

"All these programs produce graduates who make direct and meaningful contributions to our health-care system."

The deadline for applications for fall



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2015 is Feb. 1 — with only eight to 12 students admitted into the first year of the program.

For more information, contact master-nursing@uleth.ca, or visit discover.uleth-bridge.ca.

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# ENTER THE WORLD OF INTERIOR DESIGN

## MOUNT ROYAL UNIVERSITY PROGRAM

With dozens of TV shows dedicated to interior decorating, the popularity of this field does not appear to be fading away any time soon.

The interior decorating program offered through the faculty of extension at Mount Royal University gives students the tools to confidently create beautiful interiors, while giving them the chance to find their flare for the creative.

"The media seems to be in love with the subject of interior design, out of which have emerged a rash of "design experts," good, ho-hum, or completely off the deep end," says Donna Diamant, interior designer and instructor in MRU's interior decorating extension program.

In her experience, day-to-day clients are simply looking for a well-educated, honest, dedicated professional who is most interested in creating a beautiful environment designed just for them.

"Those are the type of decorators that we are helping to create," Diamant says.

This certificate program is accredited

by the Canadian Decorators' Association (CDECA) and has been updated to meet the demands of a body of students that are entering the program with more knowledge of the decorating field than ever before.

MRU works to train interior decorating graduates to be up-to-date, organized, inspired and ethical.

"It is our job to keep our students abreast of the most important developments and also to help them filter out the misinformation," Diamant says.

As part of the recent update to the program, MRU has added a number of hands-on workshops designed to improve students' presentation skills.

"To be frank, if decorators cannot effectively illustrate their ideas they will discover that it is impossible to sell their designs," Diamant says. "This program is a wonderful balance of the theoretical and the practical,"

For more information about the interior decorating extension certificate at MRU, visit [conted.mtroyal.ca/interiordecor](http://conted.mtroyal.ca/interiordecor).



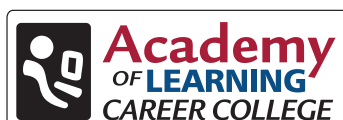
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# Why an air fryer is your new best friend

## Theresa's tips

### An appliance that's worth the counter space



**NUTRI-BITES**  
Theresa Albert  
DHN, RNCPT  
myfriendinfood.com

I was pretty sure that the whole air fryer thing was just, well, so much hot air. So when I tried the countertop appliance, of which there are many versions, I expected it to disappoint.

For the record, I'm fascinated with all of the gadgets that could potentially clutter up my kitchen, and would love to try them all. But those that offer a healthier spin on traditional cooking methods have a particular place in my heart (if not on my counter). One of my healthy tenets is, "Nothing deep fried — ever." (Which of course goes out the window when someone orders fried chicken or sweet potato fries at a restaurant. I have been known to steal a mouthful.)

Air fryers work on the same principal as convection ovens: They move hot air around the food to speed up cooking. The benefit of a fryer, though, is that the food goes right in the enclosed basket so the air circulates around all the food. You need very little fat sprayed or brushed onto the outside of the

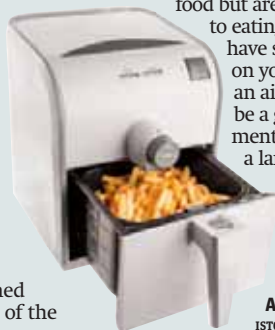
food for it to crisp up quickly.

The simplicity of use is idiot-proof. An air fryer is no more difficult than a microwave: Set the temperature, set the timer and go. I was looking forward to a battered KFC-type chicken without the grossness, so I was a little disappointed to find that it wouldn't work in the air fryer. A bread-crum coating is the only option, as batter would drip and burn. The machine did turn out a fair facsimile, though, of what I was craving.

Air fryers work best:

- for smaller families or individual meals;
- in dorms or student apartments;
- in place of a microwave (they reheat faster and better);
- on breaded or marinated foods;
- when food isn't crowded into the pan;
- on multiple foods as long as they have similar densities and cooking times;
- on fish, chicken or vegetables (steak doesn't impress);
- with highly pre-seasoned food (knowing that the missing fat added flavour).

If you love crispy fried food but are committed to eating better and have some space on your counter, an air fryer might be a good investment. If you have a large family or small kitchen you may want to stick to your oven.



An air fryer  
ISTOCK

**Air-Fried Chicken.** This breaded treat cooks up quickly, and is a much healthier alternative to a deep-fried dinner

## FLASH FOOD



From your fridge  
to your table in  
30 minutes or less

This recipe was developed for an air fryer, which will quickly produce crisp chicken. If you don't have an air fryer, the chicken can be baked in the oven at 400 F for about 30 minutes. It will still be delicious.

### Directions

1. In a large bowl, stir together milk, steak spice and lemon juice. Soak chicken in milk for at least 20 minutes on the counter (or overnight in the fridge).

2. Mix together bread crumbs, garlic powder, Italian seasoning and cheese,

### Ingredients

- 2 cups milk
- 1 tbsp Montreal steak spice
- 1 tbsp lemon juice
- 1.5 pounds boneless, skinless chicken legs
- 2 cups bread crumbs
- 1 tbsp garlic powder
- 1 tbsp Italian seasoning (or any combination of dried spices)
- ¼ cup grated Parmesan cheese



**TOTAL  
TIME  
ABOUT 30  
MINUTES**

This recipe for Air-Fried Chicken makes four servings. THERESA ALBERT

and place onto a plate. Remove chicken from milk with tongs and dip into crumbs.

3. Place into basket and air

fry as instructed by manual. If using an oven, place chicken on baking sheet and bake at 400 F for 20-40 minutes depending upon size of chicken pieces.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT WWW.MYFRIENDINFOOD.COM

# Stick a skewer into sweet, tangy peanut chicken

**Spicy Peanut Chicken Satay.** This is a great meal as it is, but you could take it further by serving the whole thing in a pita wrap

1. Place the peanuts in a food processor. Using the pulse button, grind them until very fine. Be careful not to over-grind; the peanuts should resemble bread crumbs, not peanut butter.

2. Transfer to a large bowl, then mix in the brown sugar, vinegar, fish sauce, garlic-chili paste, tomato paste and ginger. Add the chicken, stirring to coat well, then refrigerate for at least 1 hour and up to overnight.

3. When ready to cook, heat the grill to medium-high. Use an oil-soaked paper towel held with tongs to oil the grill grates.

4. Thread the chicken onto skewers. If using bamboo skewers, soak them in water

### Ingredients

- 1 cup roasted peanuts
- 1/2 cup packed brown sugar
- 1/2 cup cider vinegar
- 1/4 cup fish sauce
- 1/4 cup garlic-chili paste
- 1/4 cup tomato paste
- 2 tablespoons grated fresh ginger
- 8 boneless, skinless chicken thighs, each cut into 3 strips
- 6 medium plum tomatoes, diced
- 3 avocados, pitted and diced
- kosher salt
- malt vinegar, to serve

for about 30 minutes first to prevent them from burning.

5. Grill the chicken for 5 to 7 minutes, turning once. To

serve, pile several skewers per plate, then spoon diced tomatoes and avocado over them. Season with salt and malt vinegar. THE ASSOCIATED PRESS



This recipe for Spicy Peanut Chicken Satay takes 25 minutes to make and serves six. MATTHEW MEAD/THE ASSOCIATED PRESS



## Stampeders

### Walter rewarded with extension

The Calgary Stampeders have signed Canadian running back Matt Walter to a contract extension.

Walter had 453 rushing yards, two touchdowns, 11 receptions and 105 receiving yards last season, his third with the Stampeders.

In the post-season, Walter had four carries for 16 yards in the West Division final and had one kickoff return for 27 yards in the Stampeders' 20-16 victory over the Hamilton Tiger-Cats in the Grey Cup game.

Walter played at Calgary's Bishop O'Byrne High School and then starred for the University of Calgary Dinos before joining the Stampeders in 2012.

THE CANADIAN PRESS

## Roughriders

### Quick hired as defensive co-ordinator

Former linebackers coach Greg Quick was named defensive co-ordinator of the Saskatchewan Roughriders on Monday.

Quick, who has spent 10 years coaching at the pro and college levels, served as linebackers coach for the Montreal Alouettes in 2014. He also spent two seasons as linebackers coach with the Toronto Argonauts.

THE CANADIAN PRESS

## NFL

### Broncos split with head coach

Coach John Fox and the Denver Broncos are parting ways following the team's latest playoff meltdown.

Fox won the AFC West all four of his years in Denver, but each of those seasons ended in ugly fashion in the playoffs, culminating with Sunday's 24-13 loss to Indianapolis.

THE ASSOCIATED PRESS



Joe Colborne checks the Canucks' Brad Richardson into the boards during the Flames' last game on Saturday in Vancouver. The Flames won 1-0. RICH LAM/GETTY IMAGES

# Flames embark on crucial business trip

**NHL.** Calgary pushing to be in playoff position following four-game set on the road

## Quoted

"Really, we want to set ourselves up to be in a playoff spot at that break. That would be ideal. To do that, we have to have a really good trip there."

Flames captain Mark Giordano on the team's goal before the all-star break

The Calgary Flames are on the playoff bubble in the Western Conference standings. Their upcoming four-game road trip will provide a good indication of whether they belong in the post-season mix.

After a stop in Arizona on Thursday to face the Coyotes, the Flames take on two teams hovering just above them in the Western Conference standings — the San Jose Sharks on Saturday and the Los Angeles Kings on Monday.

Calgary wraps up the trip next week in Anaheim before sending captain Mark Giordano and rookie forward Johnny Gaudreau to Columbus, Ohio, for the NHL's all-star game Jan. 24-25.

The Flames were ninth in the conference at 22-18-3 with just three points but four teams separating them from fifth Monday.

So Calgary needs to parlay its light schedule in January

into precious points.

The Flames eked out a 1-0 win in Vancouver on Saturday and then came home for a second four-day break this month.

Head coach Bob Hartley spoke earlier this season about breaking the season up into five-game segments.

"It's all about looking at the standings. We're right there," Hartley said Monday. "This is a crucial segment for

us. We won our first game in Vancouver and now we're going on a four-game road trip. We need minimums of eight points per segment."

So that math requires either a sweep in California should the Flames get upset in the desert by the Coyotes, or taking at least two of three in The Golden State.

Calgary's last win in Anaheim was almost 11 years ago on Jan. 19, 2004.

With the Ducks pulling away atop the Pacific Division, the "four-point" games in Los Angeles and San Jose take on more importance in Calgary's goal of making the NHL post-season after a five-year absence.

THE CANADIAN PRESS

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# Wambach not expecting to play on grass

**Turf war.** U.S. forward meets with official but doubtful organization will agree to play 2015 Women's World Cup on grass

Top female players have taken a protest against artificial turf

at the World Cup in Canada to FIFA secretary general Jerome Valcke, though with little hope of success.

United States forward Abby Wambach and Germany midfielder Nadine Kessler met a FIFA delegation in Zurich Monday ahead of contesting the women's player award at the Ballon d'Or ceremony.

Wambach said at the players' official FIFA news confer-

ence that they talked "openly, candidly" with Valcke, but did not expect natural grass pitches to be approved ahead of the June 6 kickoff.

"I think FIFA has made their decision and they are sticking to it," the 2012 FIFA player of the year said. "The powers that be, the logistics, the timing — it just may not happen.

"It's tough because as female athletes we want to be

treated equal and we want to be playing on grass."

Wambach and Brazil forward Marta, the third candidate for the 2014 player award, have supported an anti-discrimination legal action filed in a Canadian court. Canada wants to host the men's 2026 World Cup when a proposal to play on artificial turf is unlikely to be made, or have a chance of winning. **THE ASSOCIATED PRESS**



Marta and Abby Wambach at the Ballon d'Or awards on Monday in Zurich. GETTY IMAGES



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THE 2015 CLA 250 4MATIC TOTAL PRICE: \$37,240\*

Lease APR	Lease Payment	Plus Receive A Credit Of
<b>2.9%**</b>	<b>\$348**</b>	<b>\$750<sup>1</sup></b>
45 Months	\$5,940 ** Down	On Our Protection Products

\*Taxes extra.

THE 2015 GLA 250 4MATIC TOTAL PRICE: \$39,840\*

Lease APR	Lease Payment	Plus Receive A Credit Of
<b>1.9%**</b>	<b>\$298**</b>	<b>\$750<sup>1</sup></b>
45 Months	\$6,120 ** Down	On Our Protection Products

\*Taxes extra.



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© 2015 Mercedes-Benz Canada Inc. 2015 B 250 4MATIC with optional Sport package and optional Partial LED Headlamp System/2015 CLA 250 4MATIC with optional Sport, Premium, and Premium Plus packages with optional wheel upgrade/2015 GLA 250 4MATIC with optional Premium and Premium Plus packages shown above for a total price of \$38,540/\$47,040/\$45,640. Total price of advertised vehicle is \$33,940/\$37,240/\$39,840, which includes an MSRP of \$31,300/\$34,600/\$37,200 plus freight/PDI of \$1,995, dealer admin fee of \$495, airconditioning levy of \$100, EHF tires of \$16, AMVIC Fee of 6.25 and PPSA of \$27.80. \*\*Lease example based on a 45/45/39 month term, a lease APR of 1.9%/2.9%/2.9%, and an MSRP of \$31,300/\$34,600/\$37,200. Monthly payment is \$298/\$348/\$398 with down payment or equivalent trade of \$6,120/\$5,940/\$5,890 plus security deposit of \$300/\$400/\$400 and applicable taxes due at lease inception. Total obligation is \$19,802/\$21,964/\$21,792. 18,000/18,000/18,000 km/year allowance (\$0.20/\$0.20/\$0.20/km for excess kilometres applies). Finance example based on a 60/60/60 month term, a finance APR of 0.9%/1.9%/2.9%, and an MSRP of \$31,300/\$34,600/\$37,200. Monthly payment is \$480/\$544/\$599 (excluding taxes) with \$5,770/\$6,100/\$6,440 down payment or equivalent trade. Cost of borrowing is \$649/\$1,527/\$2,520 for a total obligation of \$34,561/\$38,739/\$42,333. Vehicle license, insurance, registration, and taxes are extra. Dealer may lease or finance for less. 1Receive up to a \$750 credit on Mercedes-Benz Financial Services protection products, available only through Mercedes-Benz Financial Services. Not all protection products are available in all provinces, on all vehicles or at all dealers. All products and services of Mercedes-Benz Financial Services and its affiliates are subject to the terms and conditions of the applicable governing agreements. Please contact your authorized Mercedes-Benz dealer for a full list of limitations and exclusions. Credit is only applicable on the lease or finance of a new 2015 B/C/CLA/GLA/GLK model and must be applied at the time of sale. No cash value. Offers may change without notice and cannot be combined with any other offers. Offers end January 31st, 2015.

### Ballon d'Or

## Ronaldo rises to top of the world

For the third time, Cristiano Ronaldo was voted the world's best soccer player. He hopes it also brought him closer to being remembered as one of the greatest of all time.

Ronaldo won the FIFA Ballon d'Or in a rout on Monday, racking up more than twice the votes of Lionel Messi, who edged German goalkeeper Manuel Neuer into third.

**THE ASSOCIATED PRESS**

### NBA

## Pistons too hot for Raps to handle

Jonas Valanciunas scored a career-high 31 points and grabbed 12 rebounds in a losing cause on Monday night, as the Toronto Raptors dropped a 114-111 decision to the Detroit Pistons.

Brandon Jennings topped the Pistons (14-24) with 34 points.

The Raptors (25-12) led for a good chunk of the first three quarters, and were up by as much as 14 points in the first half.

**THE CANADIAN PRESS**



## College glory in Arlington

Ohio State Buckeyes running back Ezekiel Elliott celebrates after scoring a 33-yard touchdown in the first quarter against the Oregon Ducks during the NCAA national championship game at AT&T Stadium on Monday night in Arlington, Texas. Go to metronews.ca for results from the game. **KEVIN C. COX/GETTY IMAGES**



## AUGMENTED REALITY

**Stuck on 12 Across?**  
Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.



See the full instructions on Metro's Voices page.

## Horoscopes by Sally Brompton

### Aries

March 21 - April 20

Try to be more logical in your thinking. If you look honestly at what happens today you will realize it is nowhere near as bad as certain people try to make out.

### Taurus

April 21 - May 21

You will notice someone today who for some reason you never noticed before. What other things have you overlooked?

### Gemini

May 22 - June 21

A co-worker will give you a hard time over the next 24 hours but you must not give them a hard time back.

### Cancer

June 22 - July 23

Don't worry if you find yourself moving in the opposite direction to everyone else today because no harm will come of it.

### Leo

July 24 - Aug. 23

You may be tempted to get involved with something that appeals to your adventurous nature but can you be sure it will work out okay? No you can't be the answer, but if you knew it would then it wouldn't be so much fun!

### Virgo

Aug. 24 - Sept. 23

If you allow yourself to get submerged in details over the next 24 hours you will almost certainly miss something big. Try to see the bigger picture.

### Libra

Sept. 24 - Oct. 23

What happens today may surprise you but it will also change your life in interesting ways.

### Scorpio

Oct. 24 - Nov. 22

You may have strong opinions about certain issues but what happens today and tomorrow will force you to question some of your long-held beliefs.

### Sagittarius

Nov. 23 - Dec. 21

Take care when dealing with someone you don't know very well. They may try to make you believe they are experts in their field but do you have any evidence of that?

### Capricorn

Dec. 22 - Jan. 20

Partnerships and relationships are under good stars today but you will only feel the benefit if you make an effort to think — and feel — outside your usual range.

### Aquarius

Jan. 21 - Feb. 19

Someone who does not approve of your desire to come and go as you please will try to clip your wings today. They will only succeed if they convince you that it's for your own good.

### Pisces

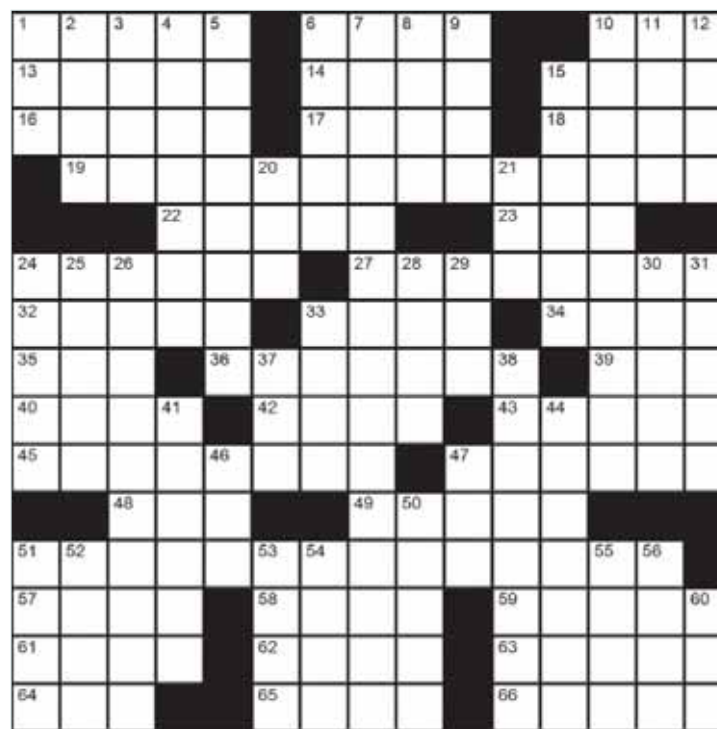
Feb. 20 - March 20

The message of the stars today is that you should finish what you have already begun rather than start something new.

## Crossword: Canada Across and Down by Kelly Ann Buchanan

### Across

1. Acid kind
6. Castaways' constructions
10. Lightly apply
13. The Primal Scream writer Arthur
14. Organic compound
15. Hide
16. Evoke "Eeks!"
17. "\_\_\_ Angel" (1933)
18. Bypass
19. Sly & The Family Stone hit: 2 wds.
22. Painting outdoors = En \_\_\_ air
23. Pou \_\_\_ (Vantage point)
24. White poplar trees
27. Literary critic Mr. Frye born in Sherbrooke, QC
32. 'Octomom' Ms. Suleman
33. Most marvelous
34. One just getting by
35. "Promiscuous" singer ...her initials-sharers
36. For each day: 2 wds.
39. Three non-consonants
40. "Live \_\_\_!" (Old consumer-themed Canadian show)
42. Tapes, tiny-ly
43. Cain's brother's namesakes
45. "...to fight the



- horde and sing and cry, \_\_\_ I am coming." - Led Zeppelin, "Immigrant Song"
47. Diagnostic test
48. Celtic sea god
49. Spring flower
51. McCain product: 3 wds.
57. De \_\_\_ (Again, in Latin)

58. Adjoin
59. Perform, Shakespeare-style
61. British streetcar
62. Soccer legend
63. Habituate, variantly
64. Francisco's partner
65. Three: Spanish
66. Asgard denizens

### Down

1. Car racer Mr. Foyt's
2. King's staff
3. \_\_\_-formation (How Canada Geese fly)
4. Beatles tune that starts "This happened once before...": 2 wds.
5. Jump that bit too

- far
6. The \_\_\_ Chronicles (Wendy Wasserstein play)
7. Spacecraft without astronauts: 2 wds.
8. Stylish
9. Swill
10. "Steven and Chris" relationship dilemma game: 3 wds.

11. Botanical casing
12. Memory unit
15. Playwright, Clare \_\_\_ Luce
20. "For sure!"
21. Ballpark fig.
24. Couple's yrly. celebration
25. UK's Oscar equivalent
26. Canadian comedy team Wayne & Shuster were guests on his show more than any other act: 2 wds.
28. 'Psych' suffix
29. Commuter's regular course, briefly
30. Trompe l' \_\_\_ (Visual illusions)
31. Commonplace
33. Belgian songwriter Jacques
37. Schubert's The \_\_\_ King
38. Central concept: 2 wds.
41. Prodigy, puny-ly
44. "No Matter What": Hit for what Irish group?
46. Electrical discharge
47. Jazz style
50. Feminine suffix [pl.]
51. Dynamites
52. Lively circle dance
53. Deeply absorbed
54. Slangy 'super'
55. Greek Myth: Supreme god
56. Longfellow's bell town
60. Him opposite

## Yesterday's Crossword



## Online

See today's answers at [metronews.ca/answers](http://metronews.ca/answers)

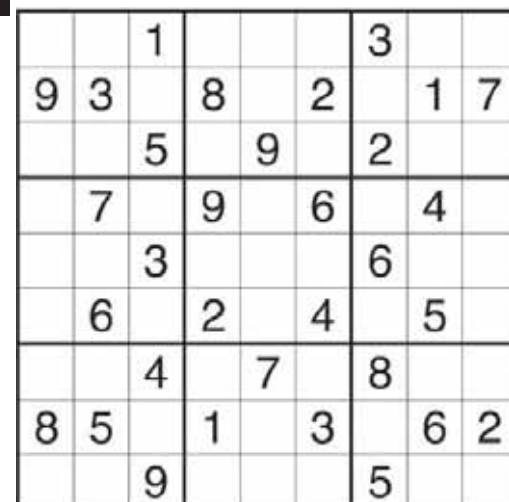


## Conceptis Sudoku by Dave Green

### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

## Yesterday's Sudoku



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